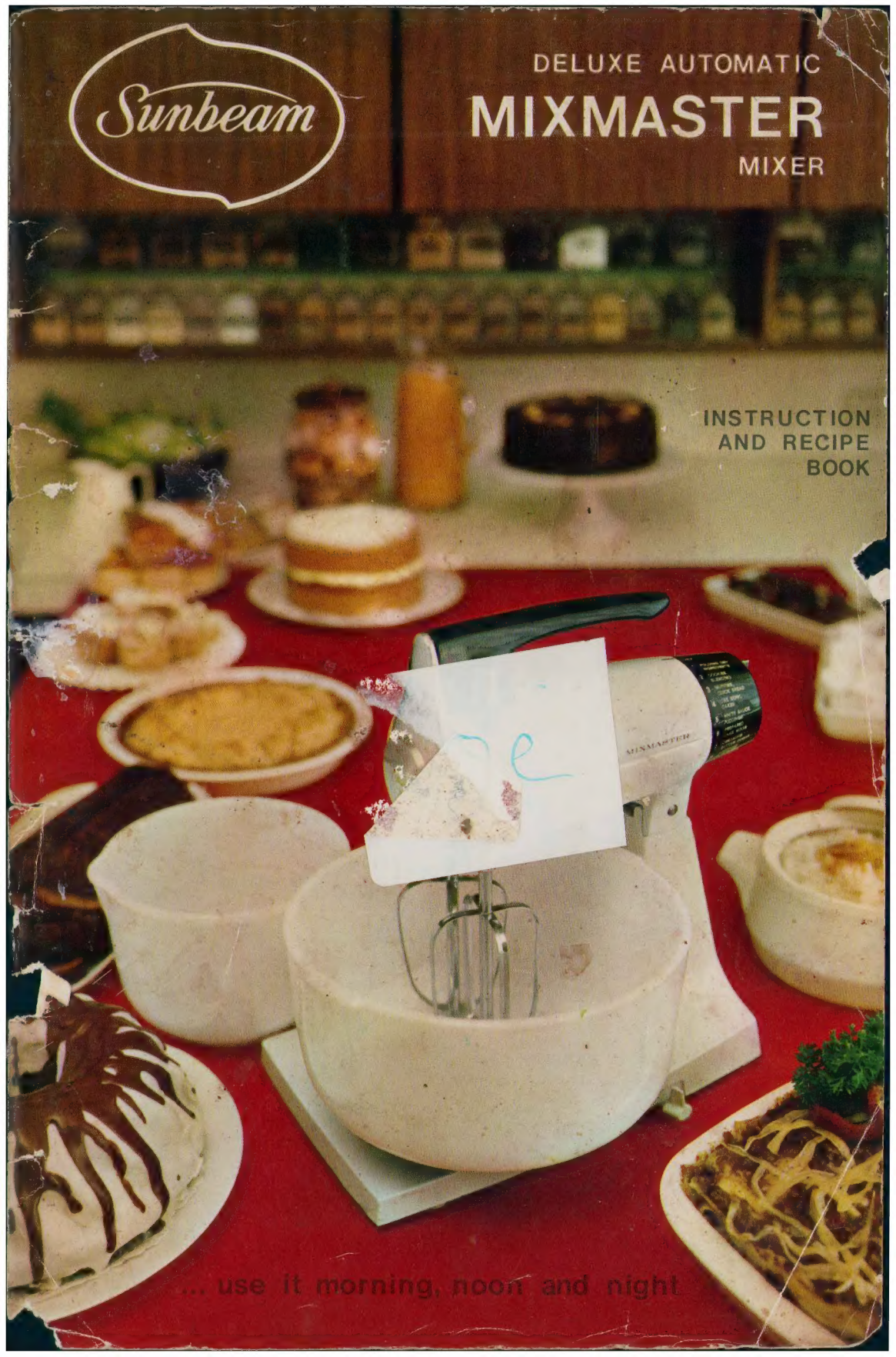
Sunbeam

DELUXE AUTOMATIC

MIXMASTER

MIXER

INSTRUCTION AND RECIPE BOOK



... use it morning, noon and night

Congratulations . . .

on the purchase of your new Mixmaster mixer. Millions of homemakers of all ages, all nationalities, are using Sunbeam Mixmaster and indeed accept it as the finest foodmixer made. The approach to home food preparation was revolutionised by the introduction of the world's first electric foodmixer made by Sunbeam Corporation almost 40 years ago. The original Mixmaster was designed to replace hand mixing and especially for the preparation of family size mixtures. Since then continuous research has been carried out among homemakers, home economists and others specialising in the many fields of home food preparation. As a result design changes have been developed by experienced engineers and extensively tested in laboratories, the Sunbeam test kitchens and under home conditions, ensuring the updating so that your new model Mixmaster meets today's needs for the best in home food preparation.

Many types of mixing principles have been tested, but the original combination of two whippers and an automatically revolving bowl have out performed all of these and are retained in this new Mixmaster.

This mixing method provides fast efficient aeration for all types of mixtures and correct aeration gives higher, finer, lighter textured cakes, creamier desserts, fluffier mashed potatoes, crisp palate pleasing cookies and tender textured scones.

The Mixmaster motor has more power than earlier models, yet it is lighter in weight and easier to handle. Whatever your family requirements, Sunbeam Mixmaster will quickly prepare the food to serve. You can beat small quantities — one egg or egg white, an ounce of butter — mix family Christmas cakes and puddings and, because of the portable motor, use your Mixmaster at the kitchen range in saucepans for the convenient preparation of sauces or in large bowls for mixing special occasion cakes such as a 2 lb. butter mixture for a large wedding cake.

Your new Sunbeam Mixmaster is modernly styled to enhance your kitchen decor. Its many convenience features, the whipper ejector, the bowl shift lever, the wide speed range and its portability, combine to simplify use. Conveniently placed on your kitchen bench the Mixmaster is readily accessible for use at a moment's notice. Here you will use it for every meal, every day and save yourself time and tiring arm work.

This book has been planned to help you fully understand and effectively use your Mixmaster to its fullest extent in every field of family food preparation. The carefully selected recipes have been thoroughly tested in our modern test kitchen. Whether this is your first Mixmaster, or a replacement, we suggest that you will quickly become used to the new power and the speeds of your appliance.

You will find that the more you use the Mixmaster the more helpful it will become and the more you will enjoy using it.

If at any time you require further information or additional recipes, do not hesitate to contact us.

Sunbeam

HOME ECONOMICS DEPARTMENT
P.O. BOX 39, MASCOT, 2020

Sunbeam

Mixmaster Assembly and Features

MIXER

Your Sunbeam Mixmaster is simple to assemble and to use. Before using it for food preparation we suggest that you check through the information on these pages in order to completely understand its operation. Where "right" or "left hand side" is used, this is when standing **behind** the machine.

Fitting Bowl Disc and Motor.

The lightweight bowl disc is shaped to fit the rim on the base of your Mixmaster bowls. The spindle built into the underside is inserted into the ball race bearing (socket) in the centre of the stand assembly — fig. 1A. In use the bowl disc revolves automatically within the bearing.

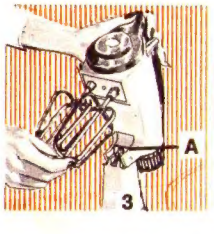
The trigger — fig. 1B — at the back of the upright is for attaching and removing the motor. Hold the upright with one hand and with your thumb press the trigger down and in. Lift the motor over the top of the upright and position it so that the fixed hinge pin (arrowed) on the motor slides into the opening. Release the trigger. Still holding the motor, check to ensure that it is firmly locked into position and that it will readily adjust to the tilt position for fitting and removing the whippers.

Bowl Fit Whippers.

It is important that the whippers are correctly fitted into the Mixmaster to ensure maximum mixing efficiency and to prevent damage —fig. 2.

Each whipper is shaped to follow the bowl contour. The rounded whipper fits closely to and follows the side and curve of either bowl. The square based whipper follows the flat inside surface and extends beyond the bowl centre providing maximum mixing efficiency reducing the need to scrape the bowl.

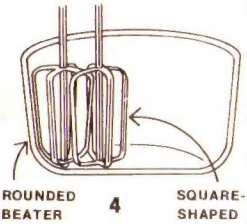
All the food being prepared must pass through the whippers and this action, combined with the automatic bowl movement, and automatically controlled motor speed, provides perfect preparation of all types of mixture.



Convenient Tilt Motor.

When correctly fitted to the upright the Mixmaster motor is hinged for convenient positioning from the horizontal beating position for easy fitting and removing of the whippers — fig. 3.

The hinge is used for raising and lowering of the whippers for "folding in" ingredients—flour into sponges etc. and to provide a cutting action when mixing scone and pastry doughs. This up and down movement can also be used to control thick mixtures and prevent their climbing the whippers. At completion of mixing and with the motor running at low speed, the whippers can be lifted above the level of the mixture, yet remain within the bowl area, to remove most of the mixture from the whippers. This simplifies cleaning.



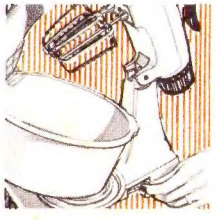
Fitting The Whippers.

Whippers can only be fitted when the handle is in the upright position. You may find it more convenient to fit them before placing the bowl into position.

Make sure the handle is upright — fig. 3 — and the Mix-Finder dial is at the OFF position. Tilt motor and hold firmly. Insert shaft of square based whipper into the socket on the left hand side under the juicer position. With the palm of the hand press from the bottom, turning slightly to engage the drive pin. A light click will indicate its locking into the motor. Insert the rounded nylon button whipper into the right hand socket — fig. 4. It should be at the outside edge of the large bowl.

Sunbeam
Mixmaster Assembly and Features

MIXER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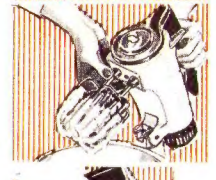
To Fit The Bowls.
Best results will be obtained by using only Sunbeam Mixmaster bowls which are made from heat resistant glass. Shaped to match the whippers they have an inbuilt rim on the base which holds them firmly on the disc. Check that bowls are correctly seated.
Your new Mixmaster comes complete with two mixing bowls. Stainless steel bowls, the same size as those supplied, are also available from electrical retailers and Sunbeam Appliance Service Company Centres.

Correct Mixing Position.
The bowl shift lever at the left side of the base — fig. 5 is clearly marked for LARGE BOWL and SMALL BOWL. For correct mixing, set the lever to the appropriate position. Simply press down and move the lever in either direction.

6

Setting The Speed.
The new style Mix-Finder dial with its easy to clean, finger grip — fig. 6 is used to start, stop and select the correct motor speed. Clearly marked instructions for scientifically correct mixing speeds for every type of mixture are shown alongside each of the 12 speeds. A black marker on the body of the Mixmaster indicates the speed selected. The speed of the motor varies slightly at each minute movement of the Mix-Finder dial which allows you to personally select any position throughout the range to better suit your own recipes and mixing methods. Use the convenient OFF position between mixing.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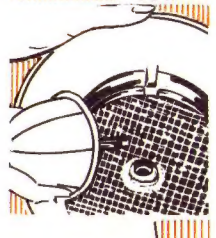
Automatic Whipper Ejector.
No need to handle sticky, food covered whippers. When mixing is complete tilt the motor and hold the whipper shafts with one hand —fig. 7— move the handle to the right. **IMPORTANT: It only moves about 35°.** When the handle is at the stop position the automatic ejector has worked and the whippers simply slip out. Being separate they are easy to clean and excess mixture can be removed with a rubber scraper. Never hit the whippers on to the sides of the bowl.

8

Convenient Portable Use.
Use the Mixmaster motor away from the stand to prepare food in a saucepan at the kitchen range or in a large kitchen bowl — fig. 8. Press the trigger and lift the motor free of the upright.
Note: The nylon button can rest on the inside surface. Use a stirring action. Start mixing at a low speed then increase to the suggested speed for the particular mixture.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FITTING THE JUICER

Designed to remove juice from citrus fruits, the juicer attachment is simple to fit and easy to clean. Check that the Mix-Finder dial is at the OFF position. Eject whippers, if fitted, and leave the handle in the down position. Insert strainer with slot over key (arrowed) — fig. 9 — on inside of bowl. Pass spindle through centre. Place assembled juicer onto the cone shaped support — A. — fig. 10 — so that the key in the bowl fits into slot — B — on the support. This prevents movement during operation. Turn scraper to engage drive — it resists movement. Fit spout and turn opening to direct juice flow. Use low speeds for pure juice for invalids or babies — Speed 8, or higher, for all the juice for healthful family drinks.

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Set Screw.
Fitted to the underside of the motor—fig. 3A—the set screw is factory adjusted to position the motor at the correct height for using whippers and all attachments.
Do not alter the screw height. This should only be done at a Sunbeam Service Centre. Alteration can affect the use of attachments and the efficient working and movement of bowls.

How to get the best results

Your new Sunbeam Mixmaster motor is more powerful than earlier models and therefore beats faster. Its inbuilt automatic control provides for full power on all mixing speeds and throughout the entire mixing. Combined, these two features result in more even, more thorough mixing in a shorter time than other foodmixers or hand beating.

DO NOT OVER BEAT. Blend or fold in dry ingredients only until evenly mixed and always use a low speed. At any stage of mixing over beating can cause toughness, close texture, lack of rising or excessive shrinkage. Climatic conditions, seasonal temperature changes, temperature of ingredients and their texture variation from area to area all play a part in the required mixing time and results achieved.

Suggested mixing times are given with each recipe and in all instances are the times required from the commencement of mixing of the first ingredient until the food is in the tins etc., and ready for cooking. In warmer climates and when ingredients are at the correct mixing temperature, no preparation should take longer than the minimum time given. The maximum time would only be used under the coldest climatic conditions. Use the times as a guide only. You will soon be able to determine the times best suited to your own home requirements. When using your own favourite recipes follow instructions and times given for a similar type and quantity of ingredients.

All recipes have been thoroughly tested. Should you find it necessary to vary ingredients or the size of the tin then allow for the variation in cooking time. Always test foods before removing them from the oven or cooking appliances.

Rubber Spatula.

The combined design of your Mixmaster whippers and Mixmaster bowls reduces the need to scrape the bowl. However, ingredients can splash to the side of the bowl and we recommend the use of a **rubber** spatula for this.

Never use a knife, etc. it may cause damage if allowed to contact the whippers. You will find that a light scraping after the addition of each ingredient assists with faster efficient mixing.

THE BOWLS TO USE

The bowls supplied with your Mixmaster are made from heat resistant glass and have been used for testing all receipes. The bowl design, combined with the whippers, ensures maximum aeration and thorough even blending of all ingredients. They are of a size convenient for the preparation of all types and quantities of food for every day family use.

SMALL BOWL

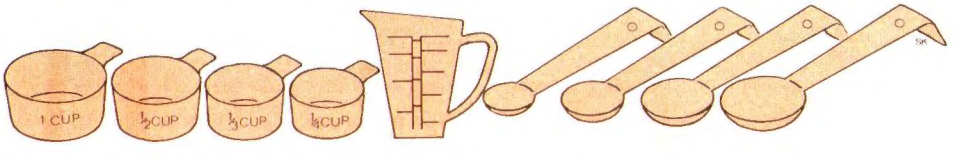
Small mixtures — 1 egg white, small quantities of shortening for frostings and icings, cakes and loaves containing less than 4 ounces of shortening, packet cake mixes, 2 cup scone and pastry mixtures, ½ pint of cream or 2 or 3 egg meringues can be beaten in the small bowl.

LARGE BOWL

Use the large bowl for average sized mixtures. Prepare a 3 or 4 egg sponge mixture (or even use 9 eggs), a quarter to half a pound "butter and sugar" mixture for cakes or rich fruit cake mixtures containing half a pound of shortening and two and a half to three pounds of fruit, plus the flour, sugar etc.

PORTABLE MIXING

Extra large mixtures for rich cakes, two pounds of shortening and the required amount of sugar and eggs, can be beaten in the large mixing bowl. Because the Sunbeam motor can be removed from the base for portable use, the final mixing of the creamed mixture with the large quantity of fruits and flour can be done in a large household bowl.



ACCURATE MEASURING IS IMPORTANT

Careful and correct measurement of all ingredients is essential for recipe success.

Only by using top quality kitchen scales is it possible to accurately measure ingredients

such as sugar, flour etc., in ounces. Because comparatively few homemakers have reliable kitchen scales, all the measurements in this book, with the exception of some dried fruits, are given using Australian Standard measure cups and spoons. Further, although there will be some slight changes in the size of the Standard cup in the future, its use in recipes will help you with metric conversion. The Australian Standard measure cup accurately measures 8 fl. ozs. (226.72 mls.). The Australian Standard tablespoon holds 20 mls. and the Standard teaspoon 5 mls. NOTE: In all instances fluid measurements are used to determine the capacity of the measure. The fluid ounce measurement must not be compared with ounce measurements of solid ingredients. Because there is a wide variation in the density and moisture content of ingredients, we therefore do not include a conversion table relating cups to weight of ingredients.

Two styles of measure cups meeting the Australian Standards are available. One is a lipped, see through jug type marked in fractional cups and fluid ozs. as well as being a half pint measure. Liquid metric measures are also shown. This cup is designed for measuring liquids.

Australian Standard measures are identifiable by the lettering "AS 2" or the Standards Association of Australia seal of approval which in a circle reads: "Approved to Australian Standard S2" around a triangular monogram. They are available from hardware departments and stores or Sunbeam Appliance Service Company Service Centres.

Liquids

Place the cup on a level surface and check the measurement at eye level. When measuring honey, liquid glucose etc., heat the cup (or spoon) in hot water for easier emptying.

Dry Ingredients

Use the fractional cups for measuring dry ingredients. Spoon the ingredient into cup to overfull, level off with the straight blunt edge of a knife (if using the graduated measure cup, spoon foods in and tap **very lightly** to level ingredients).

Flour. Never dip measure cup into flour, cornflour etc., and do not pack or press the ingredient. Always measure before sifting unless otherwise specified. Note: Recipes from American books call for sifted flour, i.e. sifted before measuring.

Sugar. Break up any lumps before measuring. Spoon into fractional cup and level off. Lightly pack brown sugar to settle evenly in the measure.

Raising Agents. Care is essential for best results. Check for and crush any lumps, particularly in bi-carbonate of soda, before measuring. Dip spoon in to over-fill. Level off with a knife. Measure spices, herbs etc., in the same way.

Cheese Breadcrumbs. Pack grated cheese and soft breadcrumbs into the cup pressing lightly to obtain best results.

Shortenings. Because the shortenings most used for baking are sold in ½ or 1 lb. packs, the simplest method for measuring is to cut the required amount from the complete pack. If you require to measure solid shortenings in portions of a cup use the water displacement method, i.e. for half a cup of shortening half fill the cup with water. Add shortening to bring the water to the one cup level.

International Recipes.

Many interesting recipe books are available. Before using the recipes check to determine the mode of measurement. This information is usually at the front of the book. The following information will assist you in using such recipes:—

The set of fractional cups measuring from ¼ to 1 cup (8 fl. ozs.—226.72 mls.) are designed for measuring dry ingredients. Spoon sets include Standard tablespoon, Standard teaspoon and Standard ½ and ¼ teaspoons.

STANDARD	AUSTRALIA	UNITED KINGDOM	UNITED STATES
CUP	8 fl. ozs. (226.72 mls.)	300 mls.	8 fl. ozs. (226.72 mls.)
TABLESPOON	20 mls.	20 mls.*	14.79 mls.
TEASPOON	5 mls.	5 mls.	4.93 mls.

* The 1970 British Standard refers to measure spoons and include a 15 ml. and 10 ml. size as well as the two corresponding to the Australian Standard tablespoon.

Metric conversion to compare metric units with ounce measures. The following approximate equivalents can be used until official conversion tables are available.

10 (g.) grams	= ⅓ oz.	.454 (k.) kilogram	= 1 lb. (16 Australian ozs.)
28.35 (g.) grams	= 1 oz.	1 litre	= 1,000 mls.
1 (k.) kilogram	= 2 lbs. 3 ozs.	.568 litre	= 1 pint (20 Australian fl. ozs.)
.454 (k.) kilogram	= 1 lb.	4.546 litre	= 1 Australian gallon

INGREDIENTS

Many reliable brands of self-raising flour are readily available in Australia. In their preparation selected wheats are blended, milled and the scientifically correct proportion of raising agent added, resulting in a suitable flour for general domestic purposes. Specially blended cake flour is available in some states. Compared with this, America has specific flour, milled and blended to best suit certain types of food e.g. cake, pastry flour, as well as all purpose flour. Most American flours are packed without the raising agent so that yeast, baking powder or bi-carbonate of soda and cream of tartar are specified in the recipe.

When using the Mixmaster recipes use your favourite brand of self-raising flour unless otherwise instructed. Where plain flour is used the proportion of raising agent is increased for extra lightness or decreased for less rising. If using American recipes you may substitute self-raising flour and omit the raising agent.

Shortenings.

The word shortening is a term used to describe any one of the solid fats, animal, vegetable or a mixture which is suitable for general use. Some are more suited than others for particular recipes and are therefore specified. Where the term shortening is used, select the one most pleasing to your palate. It is possible to mix or substitute according to your requirements.

Butter — for frostings, fillings, desserts, sauces, cakes, rich cakes and shortbread.

Table Margarine — a substitute for butter and for savoury sauces, sweet pastries, biscuits and cookies.

Cooking Margarine — substitute for butter or table margarine.

White Vegetable Shortening (Copha) — excellent in specially prepared recipes but should never be used as a substitute for butter or margarine.

Lard — ideal for pastries, biscuits and cakes.

Dripping — for savoury pastries and cookies — add a little lemon rind or juice for a better flavour.

Substitutes:

If you find it necessary to substitute ingredients in a recipe, check the following alternatives:

1 cup S.R. flour	1 cup plain flour and 2 teaspoons baking powder.
1 cup plain flour and 1 teaspoon baking powder	½ cup each plain and S.R. flour.
3 tblespns. cocoa	A small block of chocolate or ½ pkt. Choc-bits.
1 tblespn. arrowroot	1 tablespoon cornflour.
sultanas	equal measure any other dried fruit.
golden syrup	equal measure honey or treacle.
1 cup sour milk	1 cup fresh milk and 2 teaspoons vinegar or lemon juice.

OVEN CONTROL

Whatever type of fuel you use with your kitchen range, you will have been supplied with a cooking guide. Unless the range is very new you will have a definite knowledge of the temperature required for various foods. For your information the following temperature suggestions are included as a guide. They must be adjusted to suit the individual range.

Foods	Require Oven	Automatic Gas	Automatic Electric	Electric with Heat Indicator
Scones	Very Hot	450-500	450-500	500-550
Short Crust	Hot	400-450	400-450	450-500
Yeast Foods	Hot	425	450	500
Puff Pastry	Hot	450	450	500
Sweet Pastry	Mod.	350-400	350-400	400-450
Butter Cakes	Mod.	350-400	350-400	400-450
Loaves	Mod.	350-400	350-400	400-450
Biscuits	Mod.	350-400	350-400	400-450
Sponges	Mod.	350-400	350-400	400-425
Meringues	Cool	275	250	300
Rich Fruit Cake	Cool (Reducing Heat)	300-250	300-250	350-300
Baked Custards	Cool-Mod.	325	325	400

ABBREVIATIONS IN THIS BOOK

g	gram
m	milligram
TSPN.	Australian Standard teaspoon
TBLSPN.	Australian Standard tablespoon
PKT.	Packet

Note: Where a teaspoon or tablespoon is mentioned in the method an ordinary cutlery set spoon is used.

Care of your Sunbeam Mixmaster

Always use your Mixmaster from a correctly earthed power outlet of the voltage marked on the underside of the motor.

Bowls.

Made from heat resistant glass, the Sunbeam Mixmaster bowls can be heated evenly in an oven for preparing hot foods or chilled in a refrigerator for mixing iced ones.
Like all heat resistant glass they should never be subjected to extremes of temperature as expansion and contraction can cause cracking. With normal care the bowls will last a life time.

Whippers.

The whippers supplied with your Mixmaster lock into position and are held there by a circlip around the beater shaft. Care is necessary to ensure that the circlip and surrounding area is thoroughly dry. At the completion of washing up leave the whippers in a warm place or allow time for them to air dry before fitting into the motor. A second set of whippers, readily available, is an advantage when preparing more than one mixture.

Cleaning.

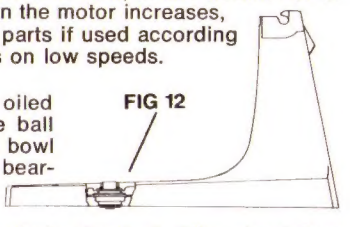
When mixing is complete, turn the power OFF and remove the plug from the wall socket. **Do not place the motor or base of your Mixmaster into water.** Remove food particles from the air vents on the Mix-Finder Dial, around the underside of the front cover and around the two black buttons (brush covers) on the side of the motor. A soft brush can be used for this. Wipe over the outside area with a slightly dampened cloth and polish with a soft dry one. Regularly wipe over the power cord and remove any foreign substances from the plug. **Never wind the power cord around the motor after use.** Motor warmth may cause the cord to stain the surface.
Rinse the bowls, whippers, or the juice extractor parts in cold water then wash in warm sudsy water and wipe dry. Pay special attention to the nylon button area on the whipper. Use a brush, if necessary, to remove sticky food particles e.g. scone mixture.

Maintenance.

Characteristically all fractional horsepower motors heat while in operation. Do not worry if the Mixmaster motor becomes quite hot, especially when it is new, in hot weather or in warm climates. Its temperature will increase as the load on the motor increases, but cannot cause any harm to mechanical and electrical parts if used according to the instructions. Do not run the motor for long periods on low speeds.

Oiling.

The motor on your Sunbeam Mixmaster has been factory oiled and no home oiling is necessary. Regular oiling of the ball race bearing ensures free bowl movement. Remove the bowl disc and place 2 or 3 drops of light machine oil into the bearing (Fig. 12)–at approximately six monthly intervals.



Maintenance Service.

Like all motors, your Sunbeam Mixmaster should be regularly checked. After about four years of domestic use the grease in the gear compartment should be examined (commercial users after one or two years). Although this simple service can be done by a local serviceman we strongly suggest that you send the motor through your electrical retailer or direct to the nearest Sunbeam Appliance Service Centre to ensure that special Sunbeam Mixmaster grease is used. See enclosed service addresses. If juices or liquids have been permitted to flow into the gear compartment, the grease will quickly thin out and may run down the whipper spindles. Should this occur have the motor checked immediately.

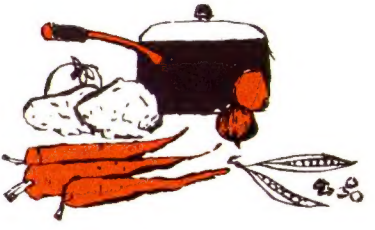
Storage.

Keep your Mixmaster in a convenient position on your kitchen bench ready for use at all times. Place the whippers into the small bowl which conveniently fits into the large one. Storage of whippers in a drawer with other kitchen equipment can cause damage. Attractive plastic covers are available at Sunbeam Appliance Service Company Centres to protect your mixer between use.

IMPORTANT The complete new design and extra power in the motor of your MXF Sunbeam Mixmaster assures you of better than ever results. If you have previously owned and used an earlier model Mixmaster pay special attention to the suggested speeds and mixing times given in this book. After using the new speeds on your new powerful Mixmaster you will fully appreciate its many advantages.

The illustrations in this book do not necessarily exactly depict your Mixmaster. They are used as a guide to illustrate the many features and advantages.

Soups



The Sunbeam Mixmaster Meat and Food Mincer attachment, available as an optional extra, can be used with your Mixmaster for the preparation of raw vegetables for soups. The Drink-Mix Blender Attachment or the Sunbeam Power Blender are suggested for the pureeing of cooked foods. When using the Drink-Mix Blender Attachment for this purpose, **never process more than 1½ cups at one time;** this should take from ½ to 1 minute, no longer.

Never operate the Drink-Mix Blender Attachment continuously for more than 2 minutes at any time.

CLEAR CONSOMME

1 large beef shin
2 cups mixed diced vegetables (carrot, onion, turnip)
15 cups water
herbs
salt and pepper

PLACE.....beef, vegetables, water, herbs and salt into a bowl, allow to stand for 2 hours.
BRING.....slowly to the boil and simmer gently for 2 to 3 hours — LOW SIMMER in Deep-Fry Cooker.
ALLOW.....to cool — remove fat and strain.

The consomme may then be used, or may be further cleared.

To Clear Consomme

BEAT.....2 egg whites stiffly — Speed 12. Add to cold stock with crushed egg shells.
HEAT.....and beat over a low heat until almost boiling — Speed 5.
COOK.....for two minutes or until whites coagulate.
ALLOW.....to settle for 15 to 20 minutes.
STRAIN.....through a cloth.

Garnishes:— for 6 cups of consomme add any of the following:—

CONSOMME JULIENNE — 1 cup thin straws of cooked carrot, parsnip and turnip.

CONSOMME A LA SAVARIA — 1 cup diced cooked chicken and sweetbreads.

CONSOMME A LA ANGLAISE — 1 cup diced breast of chicken and ½ cup cooked green peas.

CONSOMME A LA BALZAC — ¼ cup chopped prawns, ¼ cup green peas and ¼ cup diced white turnip.

JELLIED CONSOMME

USE.....the recipe for clear consomme.
ADD.....a veal knuckle or some chicken's feet.
TEST.....by pouring a little on to a chilled saucer.
GELATINE...may be added if required.
SERVE.....chilled.

MULLIGATAWNY SOUP

Serves 8 to 10

½ slice round steak
1 apple
1 onion
1 stick celery
2 tblspns. oil
2 tblspns. curry powder
2 tblspns. flour
2 tspns. fruit chutney
2 tspns. sugar
3 tblspns. lemon juice
9 cups beef stock
1 cup cooked rice

FIT.....Mincer Attachment to Mixmaster, mince steak on fine plate — keep separate.
PEEL.....apple and onion and mince. Mince celery.
HEAT.....oil — 360 Sunbeam Deep-Fry Cooker.
SAUTE.....meat until browned.
ADD.....vegetable and apple — cook until lightly browned.
ADD.....curry powder and flour — reduce heat — SIMMER, Deep-Fry Cooker and add chutney, sugar, lemon juice and 2 cups stock.
STIR.....until smooth. Add remaining stock.
SIMMER.....gently for 1 hour.
ADD.....cooked rice before serving or serve rice separately.

PEA SOUP

Serves 10 to 12

24 rib bacon bones
14 cups water
1 cup split peas
1 carrot
1 turnip
1 onion
1 potato
pepper

WASH.....bones and soak in cold water 1 hour.
ADD.....peas, chopped carrot and turnip and simmer gently 1½ to 2 hours — LOW SIMMER — Deep-Fry Cooker.
CHOP.....onion and potatoes and fry in a small quantity of shortening.
ADD.....to soup and simmer for 1 hour. Add pepper.
REMOVE.....bones and puree 1½ cups at a time in Drink-Mix Blending Attachment. Check seasoning. Garnish with chopped mint.

SEAFOOD CHOWDER

Serves 4 to 6

1 whole fish
4 cups water
2 tspns. salt
3 bacon rashers
1 onion
3 potatoes
1 cup green peas
2 cups evaporated milk
1 tin sardines
1 doz. oysters (optional)

CLEAN.....fish and place into deep pan.
COVER.....with the water, add salt and simmer until tender — LOW SIMMER — Sunbeam Deep-Fry Cooker.
REMOVE.....fish from stock, remove skin and flake flesh to measure 2 cups.
STRAIN.....stock and measure 3 cups.
CHOP.....bacon on fine plate of Mincer Attachment.
SLICE.....onion and potatoes on No. 4 plate of Slicer and Shredder.
SAUTE.....bacon until fat runs — 320 Deep-Fry Cooker.
ADD.....onion and cook five minutes. Lower heat.
ADD.....potatoes and stock.
COVER.....and cook until onion is tender and potatoes have broken up.
ADD.....peas and cook until tender.
MIX.....in flaked fish, milk, chopped sardines and oysters.
STIR.....until almost boiling. Check seasoning and serve immediately.

ITALIAN MINESTRONE

Serves 6 to 8

1 cup Lima or Haricot beans
9 cups beef stock
1 small onion
1 stick celery
1 cup cabbage
3 tblspns. oil or butter
1 clove garlic
½ cup macaroni
1 cup tomatoes
2 tspns. chopped parsley
salt and pepper
1 tblspn. vinegar
2 tblspns. brown sugar
grated cheese

COVER.....beans with boiling water and soak overnight. Cook in beef stock until almost tender.
FIT.....No. 4 plate to Slicer and Shredder. Slice onions and celery.
SLICE.....cabbage, measure and keep separate.
HEAT.....oil — 340 Sunbeam Deep-Fry Cooker.
FRY.....onion, celery and crushed garlic until lightly browned.
ADD.....to stock with macaroni, chopped tomatoes, cabbage, parsley, salt and pepper.
SIMMER.....until tender.
ADD.....vinegar and sugar and check seasoning.
SPRINKLE...with grated cheese when serving.

TOMATO VEGETABLE SOUP

Serves 4 to 6

2 large tomatoes
1 stick celery
1 onion
2 carrots
2 tblspns. butter
2 tblspns. flour
2 pints stock
piece bayleaf
1 tspn. sugar
¼ tspn. ground oregano
¼ tspn. nutmeg
salt and pepper
½ cup evaporated milk

FIT.....Drink-Mix Blender Attachment to Mixmaster.
ROUGH.....chop tomatoes and puree until smooth.
ASSEMBLE Slicer and Shredder with No. 4 plate.
FIT.....to Mixmaster and slice celery and onion.
GRATE.....carrots on No. 2 plate.
MELT.....butter — 300 in Sunbeam Deep-Fry Cooker and cook carrot, celery and onion for five minutes — do not brown.
ADD.....flour and mix through.
ADD.....tomato puree. Stir until smooth.
ADD.....stock, bayleaf, sugar, oregano and nutmeg.
SEASON.....to taste.
COVER.....and cook for ½ hour — LOW SIMMER — Sunbeam Deep-Fry Cooker.
THICKEN.....with a little blended arrowroot or cornflour if required.
CORRECT...seasoning, boil for three minutes.
ADD.....milk just before serving. Sprinkle with chopped parsley or chives.

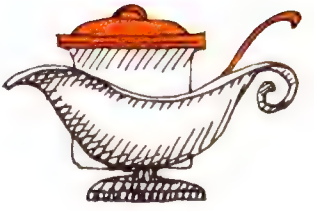
MIXED VEGETABLE PUREE

Serves 4 to 6

2 carrots
2 sticks celery
1 onion
1 potato
1 clove garlic
½ small capsicum
3 tblspns. shortening
5 cups stock
salt and pepper
2 tblspns. cornflour
chopped parsley

MINCE.....vegetables on fine plate of Mincer Attachment.
MELT.....shortening and fry vegetables DO NOT BROWN — 300 Sunbeam Deep-Fry Cooker.
COVER.....with 1 cup stock and simmer until tender. Add seasonings to taste.
BEAT.....to thoroughly mash vegetables, add remaining stock and bring to boiling point.
THICKEN....with blended cornflour.
SERVE.....sprinkled with chopped parsley.

Sauces



Sauces correctly made and served add interest to the most simple food. Their use in French cookery is recognised throughout the world, yet there is nothing mysterious about them once the basic formulas and preparation have been perfected. Used correctly, sauces complement the food they accompany, supplying flavour and color as well as variation in presentation. Use sauces sparingly, consider the food textures and only serve one rich sauce at a meal.

FOUNDATION BUTTER SAUCE

2 tblspns. butter
2 tblspns. flour
1 cup milk
1 tspn. salt
cayenne

MELT..... butter, stir in flour and half of milk.
STIR ..... over a low heat until thickened.
BEAT..... until smooth, add seasonings.
ADD..... remainder of the milk gradually.
SIMMER..... for a few minutes.
SEASON..... and use as a base for cream soups etc.

Medium Butter Sauce
For masking vegetables, meat, etc. use 3 tablespoons of flour, 1½ ozs. butter.

Thick Butter Sauce
For use as a foundation for croquettes, etc., use 4 tablespoons flour and 2 ozs. butter.

Variations
Add any one of the following:—½ cup grated cheese; 2 diced hard boiled eggs; 3 tblspns. parsley; 1 doz. oysters; 3 tblspns. capers; 1 tblspn. anchovy sauce; 2 sliced cooked onions; an egg yolk and 2 tblspns. brandy.

SEAFOOD COCKTAIL SAUCE

Serves 4

⅓ cup tomato sauce
1 tblspn. Worcestershire sauce
3 tblspns. lemon juice
dash chilli sauce, if liked
salt and cayenne
3 tblspns. cream

PLACE ..... sauces, lemon juice and seasonings into small bowl.
BEAT ..... on Speed 5 until smooth.
POUR ..... into serving bowls.
GENTLY..... pour cream onto top of sauce.
SERVE ..... with oysters, prawns, etc.
IF..... sauce is to be served over seafood—mix cream lightly through before using.

SWEET WHITE SAUCE

Serves 4

1¼ cups milk
2 tblspns. cornflour
2 tblspns. sugar

BLEND..... cornflour and sugar with a little milk.
BOIL ..... remainder of milk, add cornflour mixture.
STIR ..... until thickened.
COOK ..... gently for 5 minutes.
FLAVOUR... before serving.

HOT BITTERSWEET SAUCE

Serves 4 to 6

Small block dark chocolate
¼ cup butter
¼ cup cocoa
¼ cup cream or evaporated milk
¾ cup sugar
¼ tspn. salt
vanilla

GRATE ..... chocolate and place into a saucepan with butter.
STIR ..... over a low heat until melted.
STIR..... in other ingredients. Continue to heat until almost boiling. DO NOT MIX.
SERVE ..... warm with ice cream, frozen desserts, stewed pears, etc.

CREAMY CARAMEL SAUCE

Serves 4 to 6

½ cup butter
1½ cups brown sugar
2 egg yolks
5 tblspns. cold water
pinch salt
vanilla

PLACE ..... butter and brown sugar into a saucepan to melt.
BEAT..... egg yolks Speed 8.
ADD ..... water gradually and beat until creamy.
STRAIN ..... then beat in melted butter and sugar mixture.
RETURN..... to saucepan.
BRING ..... to the boil and allow to boil briskly for 5 minutes stirring continuously — Speed 1.
REMOVE..... from heat, add salt and vanilla.
COOL..... and store in an airtight jar.
ADD ..... a little cream or ice cream before serving.

Vegetables

Mashed potatoes will be creamier when you use your Sunbeam Mixmaster. Peel and cook the potatoes and when they are drained and steamed detach the convenient portable motor to use in the saucepan over the heat of the kitchen range. Your potatoes will keep hotter this way.
Chop cabbage, spinach etc., and mash parsnips, turnip, carrots and sweet potato in the same way.

CREAMED POTATOES

Serves 4 to 6

6 medium potatoes
2 tspns. butter or margarine
¼ cup milk

BOIL..... potatoes until soft.
DRAIN..... and steam for 1 minute.
MASH..... potatoes on Speed 1, raising and lowering whippers.
ADD ..... butter and hot milk.
CREAM ..... on Speed 8 until light and fluffy.

RATATOUILLE

Serves 6 to 8

A delightful dish from the South of France to accompany plain roast, grilled or saute beef, lamb or chicken.

1 small eggplant
5 small zuccini
1 green capsicum
2 onions
4 tomatoes
3 tblspns. parsley
oil for frying
2 cloves garlic
salt and pepper

REMOVE .... purple skin from eggplant.
CUT..... into ½ inch slices then into strips about 1 inch by 3 inches.
WASH..... zuccini, remove ends and slice lengthwise to about the same size as the eggplant.
PLACE..... into a bowl, sprinkle with salt and allow to stand about ½ hour.
REMOVE .... seeds from capsicum and peel onions.
SLICE ..... onions and capsicums on No. 4 plate of Slicer and Shredder.
DIP..... tomatoes into boiling water until skins begin to crack.
REMOVE .... skins and cut slices a little thicker than eggplant and zuccini. Chop parsley.
HEAT..... a Frypan with 3 tblspns. oil—360 Sunbeam Frypan.
DRAIN..... and dry eggplant and zuccini.
SAUTE..... one layer at a time until lightly browned on both sides—set aside.
ADD..... fine chopped garlic, and more oil if required.
SAUTE..... onion and capsicum until tender, do not brown.
REMOVE..... and lower heat.
PLACE..... tomato slices in and cover with lid, cook until moisture begins to "run".
ADD ..... salt and pepper to taste.
REMOVE..... lid then cook more quickly to evaporate the juices.
PLACE..... one third of the tomatoes into casserole and sprinkle with one third of the parsley.
COVER..... with half of the eggplant and half the zuccini.
TOP..... with tomato slices and parsley. Repeat using remaining vegetables.
COVER..... casserole and cook in a hot oven for 10 to 15 minutes.
REMOVE .... lid, check seasoning, lower heat to moderate and cook uncovered for about 15 minutes more. Juices should evaporate, but vegetables should never overcook at the bottom of the casserole.

POTATO PANCAKES

Serves 4 to 6

2 large potatoes
½ small onion
¾ to 1 cup soft breadcrumbs
salt and pepper
1 egg

FIT..... No. 2 plate to Slicer and Shredder.
PEEL..... then grate potatoes and onion.
PREPARE .. breadcrumbs and mix ¾ cup with potato and onion.
ADD..... salt and pepper and bind together with egg — mixture should be firm not dry.
ADD ..... more breadcrumbs if required.
HEAT..... and grease a Frypan—380 Sunbeam.
DROP..... mixture by spoonsful onto Frypan.
COOK..... until browned—turning as required.
SERVE ..... with grilled bacon or hot tomato sauce.

Salad Dressings

One of the simplest and most palate pleasing foods to prepare, bowls of fresh crisp salad are widely served in every home, almost every day. Serve interesting salads as appetisers, as a side salad to accompany a meat course or as a main dish for lunches or suppers. Introduce salads for buffet meals and serve them as desserts or with cheese and biscuits. Whatever the occasion the appetising crispness of salad vegetables and fruits should contrast sharply with the texture of the foods they complement.

Consider the ingredients to be used, select those that give contrast in texture, color, form and flavour. Serve salads with an interesting mayonnaise or dressing. Use light delicate flavours for side salads, more substantial dressings when serving a main course platter. Vary the flavours of the dressing with fruit juices, tarragon, basil, rosemary, dill, oregano and mint. Toss salads just before serving. Avoid using excess dressing to ensure that the vegetables retain their crispness.

SUNBEAM MAYONNAISE

Serves 4 to 6

1 egg yolk
1 tspn. mustard
¼ tspn. cayenne
2 tspns. salt
2 tblspns. sugar
3 tblspns. vinegar
½ cup salad or olive oil

BEAT..... egg yolk, mustard, cayenne, salt and sugar in small bowl —Speed 5.

ADD ..... vinegar and oil gradually. Check seasoning, adjust to taste.

SALAD DRESSING

1 egg yolk
2 tspns. mustard
2 tspns. salt
½ cup condensed milk
½ cup vinegar
¼ cup shortening

BEAT..... egg yolk, mustard, salt and milk—Speed 5—for 1 minute.

ADD. ..... vinegar gradually, then add melted shortening.

BEAT..... well—Speed 8. Store in an airtight jar.

THOUSAND ISLAND DRESSING

Serves 4 to 6

1 cup mayonnaise
2 tblspns. chopped green pepper
2 tblspns. chopped red pepper
3 tblspns. pickles (gherkin or mixed)
1 tblspn. finely chopped shallot, chives or onion
1 chopped hard boiled egg

PREPARE ... mayonnaise.

ADD..... fine chopped peppers, pickles, shallot and egg and mix evenly through.

BOILED SALAD DRESSING

Mixing Time: 2 to 3 minutes

¼ cup shortening
½ cup flour
2 tspns. salt
2 tspns. mustard
3 tblspns. sugar
1 cup milk
1 egg yolk
½ cup vinegar

MELT..... shortening, add flour, salt, mustard, sugar and half the milk and stir over a low heat until thick.

BEAT..... well until quite smooth.

ADD..... remainder of milk gradually and cook for a few minutes. Cool slightly.

BEAT..... on Speed 5, add egg yolk and vinegar gradually.

ADD ..... a little more milk for a thinner dressing.

CENTRAL PLAZA DRESSING

Serves 6 to 8

1 egg
⅓ cup chopped celery
2 tblspns. chopped green pepper
2 tblspns. sweet pickle relish
½ cup and 1 tblspn. mayonnaise
1⅔ cups french dressing
seasonings if required

HARD..... cook egg and place into cold water.

FINE..... chop celery and green pepper.

PLACE..... vegetables, relish, and mayonnaise into small Mixmaster bowl.

MIX ..... through — Speed 5.

BEAT..... french dressing gradually into mixture then mix fine chopped egg through.

Entrees

Your Sunbeam Mixmaster is a complete foodmixer and can be used not only for making cakes but for preparing many interesting savoury foods for your family. The attachments widely extend the use of your Mixmaster.
Use the Mincer attachment to add interest to many family favourites and to add variety to tempt family appetites. The Drink-Mix Blender may be used for blending thickenings for sauces.

FLUFFY OMELETTE

Serves 1 or 2
Mixing Time: 3 to 4 minutes

3 eggs
5 tblspns. water
½ tspn. salt
pepper

BEAT..... egg whites stiffly—Speed 12.
ADD..... egg yolks, liquid and seasoning and mix through.
POUR ..... into greased heated omelette pan.
COOK..... over low heat until puffy and browned underneath.
BROWN..... top under griller.
FOLD ..... over and serve immediately.

Variations
ADD any one of the following:—
½ cup chopped ham, cooked bacon or grated cheese; 2 tspns. grated onion; 1 tblspn. chopped parsley; ½ cup chopped tomatoes; 1 tspn. chopped fresh herbs or ½ tspn. dried mixed herbs. For sweet omelettes omit salt and pepper add 2 tblspns. sugar to beaten egg whites. Serve with hot jam.

PORK 'N' APPLE SAUTE

Serves 3 to 4

1 lb. pork fillet or 1½ lb. pork chops
1 onion
1 cup apple puree
1 tblspn. sugar
2 to 3 tblspns. water
1 tblspn. gravy thickener
1 tblspn. oil
½ cup raisins
1 tspn. cinnamon
salt and pepper
1 tblspn. lemon juice

CUT..... pork into bite size pieces and fine chop onion.
PEEL ..... core and rough chop apple.
PLACE..... sugar into Sunbeam Blender, add water and gravy thickener.
ADD..... apple pieces gradually and puree until fine. Measure 1¼ cups.
HEAT..... oil—380 Sunbeam Frypan—and saute pork until browned.
ADD..... onion and cook until both are tender—about 10 minutes.
LOWER..... heat, add raisins, cinnamon and puree.
STIR..... until thickened.
ADD..... lemon juice and season to taste.
SERVE ..... with steamed vegetables.

SALMON SHORTCAKE

Serves 4 to 6
Mixing Time: 2 to 3 minutes

Shortcake
1 cup grated cheese
¼ cup shortening
1½ cups S.R. flour
1 tspn. salt
pinch cayenne
¼ tspn. mustard
⅓ cup milk

Filling
¼ cup shortening
3 tblspns. flour
1 cup milk
7½ oz. tin salmon
salt and cayenne
1 tblspn. capers or chopped parsley
1 tblspn. lemon juice

FIT..... Slicer and Shredder to Mixmaster and grate cheese on No. 1 plate.
FIT..... whippers and place shortening into small Mixmaster bowl.
BREAK ..... up and beat until soft—Speed 5.
ADD ..... half the flour and mix to a crumb — Speed 2.
MIX ..... in remaining flour, salt, pepper and mustard.
ADD ..... three quarters of the cheese.
MIX ..... to a firm dough with milk.
SPREAD .... in a 7 inch sandwich tin—sprinkle with remaining cheese.
PLACE ..... into a hot oven and cook 20 to 30 minutes.
MAKE ..... the sauce for the filling from shortening, flour and three quarters of the milk.
REMOVE .... bones and skin from salmon and flake fish.
ADD..... to sauce with liquid and heat through.
KEEP..... sauce fairly thick. This will depend on the moisture content of the salmon — add remaining milk if required.
ADD..... salt, pepper, capers and lemon juice.
CUT..... hot shortcake in halves.
PLACE..... filling in and join together.
SERVE ..... immediately with green salad.

Note: If using cooking salmon, add 1 tspn. anchovy sauce to give a better flavour.

BEEF ROLLS PIQUANT

Makes 6 rolls

2 thin slices topside steak
1 rasher bacon
1 onion
¼ cup parsley sprigs
2 tspns. dry mustard
1 tspn. salt
black pepper
seasoned flour
2 tblspns. oil
3 tblspns. brandy
½ pint beef stock

HAVE ..... butcher cut steak thinly and so that it can be cut into 5 x 3 inch pieces.
FIT ..... mincer attachment to Mixmaster—use fine plate.
MINCE ..... bacon and onion. Mince parsley sprigs and keep separate.
SAUTE ..... bacon and onion until beginning to brown—340 Sunbeam Frypan.
COMBINE .. mustard, salt and pepper and rub into one side of meat.
SPREAD .... bacon-onion mixture over.
ROLL ..... up and secure with toothpicks.
DIP ..... in seasoned flour.
ADD ..... oil to bacon fat in Frypan.
BROWN ..... rolls on all sides.
REDUCE ... heat and add brandy to lift the glaze from the Frypan.
ADD ..... stock and heat to boiling.
COVER ..... and simmer until meat is tender—about 1½ hours.
CHECK ..... seasoning, thicken gravy with a little cornflour if desired.
ADD ..... parsley and serve with steamed vegetables.

SAVOURY VEAL CHASSEUR

Serves 4

4 pieces best veal steak
1 small onion
2 tomatoes
2 tblspns. butter
1 tblspn. oil
small clove garlic
salt and pepper
¼ tspn. basil
½ cup white wine
1 tspn. arrowroot
¼ cup stock
1 tblspn. chopped parsley

HAVE ..... butcher cut steak just under ½ inch thick and into 4 or 8 serving pieces.
POUND ..... steak to ¼ inch thickness.
PEEL ..... onion and slice on No. 4 plate, Slicer and Shredder.
SKIN ..... tomatoes and puree in Drink-Mix Blender Attachment.
HEAT ..... butter and oil—360 Sunbeam Frypan.
PLACE ..... steaks into Frypan.
PLACE ..... a biscuit slide onto steaks and a weight on top to prevent steaks curling.
COOK ..... steak for 2 minutes to brown.
REMOVE .... weight and tray. Turn steak to brown second side. Remove.
SAUTE ..... onion—add more butter and oil if necessary.
LOWER ..... heat, add tomato puree, crushed garlic, salt, pepper and basil.
POUR ..... wine over. Add blended arrowroot and stock.
COOK ..... briskly for 5 minutes to reduce and thicken sauce.
PLACE ..... steaks into sauce and spoon sauce over.
COVER ..... and cook gently until meat is tender. Check seasoning.
ADD ..... parsley. Serve with noodles and steamed vegetables.

PRAWN SOUFFLE

Serves 4 to 6
Mixing Time: 2 to 3 minutes

1 lb. prawns (pkt., frozen, shelled).
1 cup grated cheese
¼ cup shortening
parmesan cheese
2 tblspns. chopped shallot
2 tblspns. flour
1¼ cups milk
salt and cayenne
1 tblspn. tomato sauce
1 tspn. anchovy sauce
½ tspn. oregano
4 eggs

PEEL ..... prawns and cut into bite size pieces.
GRATE ..... cheese into shreds.
GREASE ..... a souffle dish with a quarter of the shortening.
SPRINKLE .. with 1 tablespoon parmesan cheese.
MELT ..... remaining shortening — 300 Sunbeam Frypan.
SAUTE ..... chopped shallot until tender.
ADD ..... flour and half the milk.
STIR ..... until thickened.
ADD ..... remaining milk, salt and cayenne to taste, sauces and oregano. Stir in egg yolks.
BEAT ..... egg whites in large Mixmaster bowl until very stiff — Speed 12.
ADD ..... about half a cup of the sauce.
FOLD ..... in remainder — Speed 2 then mix ¾ cup of the cheese and the prawns through.
CHECK ..... for seasoning and pour into prepared dish.
SPRINKLE . with remaining cheese — use an extra tablespoon of parmesan cheese if desired.
BAKE ..... in a moderate oven 35 to 45 minutes.
SERVE ..... immediately.

BUTTERED EGGS

Serves 2
Mixing Time: 2 minutes

3 eggs
salt
pepper
⅓ cup shortening

BEAT ..... eggs lightly — Speed 12.
ADD ..... salt and pepper.
MELT ..... shortening in Frypan.
POUR ..... in eggs and stir until thickened.
SERVE ..... on buttered toast.

QUICK 'N' EASY PIZZA

Serves 6 to 8

Filling

1 small onion grated
2 cups processed cheddar cheese
1½ cups tomato puree or soup
2 tspns. sugar
1 tspn. mustard
2 tspns. anchovy sauce
½ tspn. oregano
salt and pepper
1¼ cups canned or cooked corned beef

Crust

2 tblspns. shortening
2 cups S.R. flour
¾ cup milk

GRATE..... onion and cheese — keep separate.
PLACE..... tomato puree, sugar, mustard, sauce, oregano, salt and pepper into a saucepan with fine chopped corned beef.
SIMMER .... for 10 minutes stirring occasionally.
BREAK..... up shortening — Speed 1 — beat until soft.
ADD. ... . half of flour and mix until crumbled.
ADD..... remaining flour.
MIX ..... to a soft dough with the milk.
KNEAD..... well and roll to fit an 11 or 12 inch pizza tray.
TRIM ..... and crimp edges.
PRICK..... bottom and bake in a hot oven 5 to 10 minutes.
POUR ..... half the tomato mixture into part baked crust.
SPRINKLE .. with onion.
SPOON..... remaining mixture over and cover with sliced cheese.
RETURN ..... to oven for a further 10 to 15 minutes until browned.

LAMB MOUSSAKA

Serves 4 to 6

1 cup cheddar cheese
6 neck lamb chops
1 large onion
1 lb. eggplant
1 tspn. salt
2 tspns. tomato paste
⅓ cup stock
¼ cup shortening
½ cup flour
2½ cups milk
fresh ground black pepper salt and pepper

GRATE..... cheese and set aside.

REMOVE..... meat from bone and trim off fat.
ASSEMBLE mincer with coarse plate and fit to Mixmaster.
MINCE ..... meat and onion.
HEAT..... oil — 380 in Sunbeam Frypan.
PEEL ..... purple skin from eggplant, and cut into slices ¼ inch thick. Fry, then remove from Frypan.
COOK ..... meat and onion until browned.
REDUCE ... heat, add salt, pepper, tomato paste and stock.
COVER ..... and cook for 30 to 40 minutes — LOW SIMMER.
MAKE ..... a sauce from the shortening, flour and milk. Season to taste.
PLACE ..... half the eggplant slices into a 3 pint casserole.
SPRINKLE with ⅓ of the cheese.
SPREAD..... meat mixture over.
COVER ..... with remaining eggplant and ⅓ of the cheese.
POUR .....sauce over, sprinkle with remaining cheese.
PLACE..... into a moderate oven until heated through and cheese browns.
SERVE..... with crisp green salad.

SUNBEAM SANDWICH FILLINGS

The Sunbeam Mixmaster and the attachments can be used for simplifying the preparation of foods to add interest to family lunch boxes.
Soften butter, in the Mixmaster bowl for easier spreading, then slice, shred and grate foods for interesting sandwich fillings.

SANDWICH BUTTER

1 tspn. gelatine
1 tblspn. boiling water
1 cup butter
½ cup cold milk

MELT..... gelatine in boiling water.
BEAT..... butter — Speed 1 — until soft.
BEAT..... well — Speed 10.
ADD..... gelatine then milk gradually.

FILLINGS

Anchovy and Egg
Combine 2 hard boiled egg yolks and 2 tblspns. anchovy paste with salt and pepper.

Curry Butter
Combine ¼ cup butter, 2 tspns. curry powder and squeeze lemon juice. Use with sliced meats, egg, etc.

Chicken and Ham
Mix together ¾ cup cooked minced chicken, ¼ cup minced ham, 2 tblspns. grated cheese, 1 tblsp. butter.

Egg and Gherkin
Cream together 2 hard boiled eggs, 2 chopped gherkins, 1 tblsp. butter, salt and pepper to taste.

Peanut Butter and Ham
Mix ½ cup peanut butter and 2 tblspns. chopped ham.

Devilled Egg
Mix 2 hard boiled and chopped eggs, 2 tspns. Worcestershire sauce, ½ tspn. mixed mustard, 2 tspns. chutney, pinch curry powder, salt, cayenne and 2 tblsps. melted butter.

Batters

All types of batters are quick to prepare with your Sunbeam Mixmaster. Pancakes and waffles are popular foods with all ages and can be varied to serve as a snack or as a separate savoury or dessert course for any meal. Fritters, both savoury and sweet, are firm favourites in most households.
When covering foods with batter it is important to remember that a light covering is generally preferred to protect the food, retain its natural flavour and give a crisp palatable finish. The Sunbeam Deep-Fry Cooker is ideal for deep frying fritters crisply brown and free from grease.
The Sunbeam Frypans can be used to evenly brown and cook pancakes and pikelets.

FLUFFY PIKELETS

Makes about 24
Mixing Time: 2 minutes

1 cup S.R. flour
pinch salt
½ tspn. bi-carb. soda
¼ cup sugar
1 egg
½ cup sour milk (if fresh add 1 tspn. vinegar)
2 tblspns. butter

SIFT..... flour, salt and soda into small bowl.
ADD..... sugar, egg and milk.
BEAT..... on Speed 1 until mixed.
INCREASE.. to Speed 8 and beat for 1 minute.
FOLD ..... in melted butter.
PLACE ..... by spoonsful on to hot Frypan — 380 Sunbeam.
COOK ..... until bubbled. Turn to brown.

FRITTER BATTER

Covers 8 to 12 Fritters
Mixing Time: 1 to 2 minutes

1 cup plain flour
1 tblspn. baking powder
salt
1 egg
½ cup milk

SIFT..... flour, baking powder and salt.
BEAT..... egg white stiffly — Speed 12 — set aside.
BEAT..... egg yolk — Speed 6.
ADD ..... milk and mix in the dry ingredients — Speed 2.
BEAT..... 1 minute — Speed 7.
FOLD..... in egg whites — Speed 1.
USE ..... for raw or cooked fruits, cheese fritters, fried oysters, etc.

PANCAKES

Makes 6 to 8
Mixing Time: 2 to 3 minutes

1 cup S.R. flour
pinch salt
1 egg
1¼ cups milk

SIFT..... flour and salt into small bowl.
ADD..... whole egg and gradually beat into flour — Speed 1.
ADD..... half the milk a little at a time, beat well to remove any lumps — Speed 6.
MIX ..... in remainder of milk.
ALLOW ..... to stand for 1 hour.
GREASE .... heated omelette pan or Sunbeam Frypan — 380.
POUR..... about ⅓ cup batter into pan to make each pancake.
COOK..... quickly until lightly brown.
TOSS ..... and brown other side.
SPRINKLE . with lemon juice and sugar.
ROLL..... and serve hot.

YORKSHIRE PUDDING

Serves 4 to 6
Mixing Time: about 3 minutes

2 small eggs
1 cup S.R. flour
salt
1 cup milk
2 tblspns. shortening

BEAT..... egg whites thickly — Speed 12 — set aside.
SIFT..... flour and salt into small mixing bowl, add egg yolks, milk and melted shortening.
BEAT..... Speed 1 until smooth.
ADD ..... beaten egg white.
POUR ..... into baking dish with a small quantity of heated oil, or into dish with roast beef.
BAKE ..... in a hot oven for 20 to 30 minutes.

WAFFLES

Makes about 8
Mixing Time: 3 to 4 minutes

2 eggs
¼ cup sugar
¾ cup milk
½ cup water
2 cups S.R. flour
pinch salt
½ cup shortening

BEAT..... egg whites stiffly — Speed 12.
ADD..... half of the sugar and beat until dissolved. Set aside.
BEAT..... egg yolks and remaining sugar — Speed 12.
REDUCE..... to Speed 1, add milk and water, then sifted dry ingredients.
MIX ..... in melted shortening.
FOLD ..... in stiffly beaten egg whites.
BAKE ..... in greased pre-heated waffle iron.

Variations
Add any one of the following: 2 sliced bananas; 2 teaspoons cinnamon; 2 tablespoons cocoa and omit 2 tablespoons flour. Use wholemeal self-raising flour instead of white flour.

Scones and Loaves

There are many recipes for loaves, cakes and cookies which are made by the same method as scones and pastry. Any mixture which is prepared by rubbing or cutting shortening into dry ingredients is more even in texture when made with the Sunbeam Mixmaster. For best results the shortening should be at room temperature or in cold climates and weather, warmed, then beaten to a very soft consistency before adding the dry ingredients.

For plain scones and other similar recipes where only a small quantity of shortening is used in proportion to the dry ingredients, it is suggested that half of the dry ingredients are first mixed with the soft shortening before adding the remainder. All of the dry ingredients are added at one time when mixing pastry.

The "rub in" or mixing to a crumbled consistency is done at low speeds. Because of the lightness of the flour, regular scraping with a rubber spatula provides more even, much faster mixing. It must be remembered that your Mixmaster takes the place of kitchen utensils, so when adding moisture to the mixture a cutting action is used. This is done by raising and lowering the motor so that the whippers move up and down through the mixture as well as operating with a continuous mixing action. Scone doughs should be soft but not sticky. Wet mixtures cause the scones to spread. Dry mixtures result in rough looking, close textured scones. Knead scones lightly but well before pressing out and cutting ready for baking. A hot oven is required to ensure the best rising.

When making loaves, tea cakes and other mixtures, add the moisture and mix through, then beat until light. This emulsifies the shortening and blends it more evenly through, resulting in a better textured loaf. Mixtures for loaves are usually lighter, if moist rather than dry.

PLAIN SCONES

Makes 12 to 15
Mixing Time: 2 to 3 minutes

2 tblspns. shortening
1½ cups S.R. flour
½ tspn. salt
½ cup milk

BEAT . . . shortening until soft — Speed 1.
ADD ..... half of flour and mix well — Speed 2.
ADD ..... remainder of flour, salt, then milk.
MIX ..... to a soft dough — Speed 2. Raise and lower beaters as you mix.
TURN .. . . onto a floured board, knead lightly.
CUT ..... and place on a greased slide.
BAKE ..... in a hot oven 10 to 15 minutes.

FRUIT SCONES

Makes 16 to 20
Mixing Time: 3 to 4 minutes

2 tblspns. shortening
2 cups S.R. flour
pinch salt
¼ cup sugar
⅓ cup sultanas, currants or chopped dates
½ cup milk
1 egg

BEAT . . . . shortening — Speed 1. Until soft.
ADD ..... flour and salt.
MIX . . . into shortening — Speed 2. Add fruit and sugar.
MIX ..... to a soft dough with milk and beaten egg. Use a cutting action.
TURN ..... onto a floured board.
KNEAD . lightly. cut out and place on a greased slide.
BAKE ..... in a hot oven 12 to 15 minutes.

PUMPKIN SCONES

Makes 24
Mixing Time: 3 to 4 minutes

¼ cup shortening
¼ cup sugar
1 cup mashed pumpkin
1 egg
½ cup milk
2½ cups S.R. flour

BEAT..... shortening until soft — Speed 1.
ADD ..... sugar and increase to Speed 7.
MIX ..... pumpkin and egg through.
BEAT ..... until creamy — Speed 2. Add milk.
ADD..... flour and mix evenly. Turn on to a floured board.
KNEAD ..... roll, cut and place onto a greased tray.
BAKE..... in a hot oven 15 minutes.

GEM SCONES

Makes 24 to 30
Mixing Time: 3 to 4 minutes

2 eggs
½ cup sugar
¼ cup shortening
salt
¾ cup milk
1½ cups S.R. flour

BEAT..... egg whites until stiff — Speed 12.
ADD . 1 tblspn. sugar, beat until dissolved. Set aside.
BEAT... ..... shortening — Speeds 1 to 5 until soft.
ADD .... remaining sugar. Increase to Speed 7.
ADD ..... egg yolks and milk.
MIX ..... in sifted flour — Speed 2.
FOLD in stiffly beaten egg whites.
DROP into heated, greased gem irons.
BAKE ..... in a hot oven 10 to 15 minutes.

DOUGHNUTS

Makes 18 to 20
Mixing Time: 3 to 4 minutes

¼ cup shortening
½ cup sugar
¼ cup golden syrup
⅓ cup milk
2¼ cups S.R. flour
1 tspn. cinnamon

BEAT ..... shortening until soft — Speed 1.
ADD ..... sugar and syrup and beat on Speed 7 until creamy.
ADD ..... milk — Speed 2.
FOLD ..... in sifted flour and cinnamon.
KNEAD ..... well on a floured board.
CUT ..... out with a round cutter and remove centre with a smaller cutter or use a doughnut cutter.
FRY ..... in heated shortening — 380° Sunbeam Deep-Fry Cooker.
DRAIN ..... and dredge with castor sugar before serving.

HONEY PRUNE MUFFINS

Makes 24
Mixing Time: 5 to 6 minutes

½ cup grated carrot
1 egg
3 tblspns. honey
½ cup milk
2 tblspns. shortening
1 tspn. grated lemon rind
1 cup S.R. flour
1 cup wholemeal S.R. flour
1 tspn. salt
1 tspn. mixed spice
½ cup chopped prunes
coffee crystals

FIT ..... No. 2 plate to Slicer and Shredder.
FIT ..... to Mixmaster, grate carrot and measure.
BEAT ..... egg and honey and mix with milk — Speed 12.
BEAT ..... shortening and lemon rind until soft — Speed 5.
ADD ..... flour and mix to a crumbled consistency—Speed 2.
ADD ..... wheatmeal flour, salt and spice. Mix through.
ADD ..... egg mixture and mix lightly.
BEAT ..... on Speed 6 until creamy.
ADD ..... prunes and mix through — Speed 1.
PLACE ..... into muffin tins.
SPRINKLE ..... with coffee crystals before cooking if desired.
BAKE ..... in a hot oven 12 to 15 minutes.

SODA LOAF

Mixing Time: 3 to 4 minutes

¼ cup shortening
2 cups plain flour
1 tspn. bi-carb. soda
3 tblspns. brown sugar
1 egg
1 tblspn. golden syrup
½ cup milk

BREAK ..... up shortening — Speed 1 and beat until soft — Speed 7.
ADD ..... flour, soda and mix evenly through — Speed 2.
ADD ..... sugar, egg, syrup and milk.
MIX ..... to a soft dough.
BEAT ..... on Speed 4 until smooth.
POUR ..... into greased 5 x 8 inch loaf tin.
BAKE ..... in a hot oven 20 to 25 minutes.

HONEY AND WALNUT LOAF

Mixing Time: 4 to 6 minutes

1 cup milk
½ cup sugar
1 cup honey
¼ cup shortening
2½ cups S.R. flour
½ cup walnuts

HEAT ..... milk, sugar and honey stirring until sugar dissolves. Allow to cool.
PLACE ..... shortening into small bowl.
BEAT ..... until soft — Speed 5.
ADD ..... flour and mix until crumbled.
ADD ..... egg and cooled milk-honey mixture.
BLEND ..... on Speed 2 and beat on Speed 4 until creamy—about 3 minutes.
MIX ..... walnuts through.
POUR ..... into a greased 9 x 5 inch loaf pan.
BAKE ..... in a moderate oven for 45 to 55 minutes.
SERVE ..... warm with butter.

EGGLESS DATE LOAF

Mixing Time: 3 minutes

1 cup All Bran
1 cup brown sugar
1 cup chopped dates
1¼ cups milk
⅓ cup walnuts
1½ cups S.R. flour
salt

PLACE ..... All Bran, sugar, dates and milk into small Mixmaster bowl.
ALLOW ..... to stand for 30 minutes.
ADD ..... nuts, flour and salt.
BEAT ..... for 3 minutes — Speed 2.
PUT ..... into two greased nutloaf tins — place lids on.
BAKE ..... in a moderately hot oven 20 to 30 minutes.
SERVE ..... with butter.

RAISIN BANANA LOAF

Mixing Time: 4 to 5 minutes

2 bananas
2 tblspns. shortening
⅔ cup milk
⅓ cup brown sugar
1 egg
½ cup S.R. flour
1 cup wholemeal S.R. flour
½ cup raisins
3 tblspns. walnuts

MASH ..... bananas — Speed 2. Measure ⅔ cup.
MELT ..... shortening in half the milk.
BEAT ..... egg and sugar — Speed 12 for 1 minute.
ADD ..... cooled butter and milk, remaining milk and bananas.
MIX ..... flours in — Speed 2 and beat 2 minutes — Speed 7.
FOLD ..... in raisins and walnuts — Speed 2.
POUR ..... into a greased 8 x 5 x 2½ inch loaf tin.
BAKE ..... in a moderate oven 40 to 50 minutes.

Yeast Cookery

Compressed yeast can be purchased at many large supermarkets and is sometimes obtainable from smaller bakeries and privately owned cake shops. It is easily handled and with it the homemaker can introduce a wide range of different foods to family meals.
Home made buns, yeast doughnuts, bread rolls and many continental cake recipes which also contain yeast are always a treat.
As a raising agent, yeast works slowly and requires warmth to become effective. For best results:

- Always have all ingredients warm and keep the sponge and dough at an even temperature. 82°F. to 88°F. (29.44°C.) is deemed best. A Sunbeam Frypan may be used. Set the control at the lowest point where the light comes on. Place an asbestos mat or trivet in the Frypan and cover the bowl with a light towel.
- Do not over heat mixture or yeast will become ineffective.
- Yeast dough must be well kneaded after each rising to remove all gases.
- Yeast buns and loaves require a hot oven for best results.
- To test, tap the food at the specified cooking time. There will be a hollow sound.

YEAST BUNS

Makes 18 to 24

1 small pkt. compressed yeast
⅓ cup sugar
4½ cups flour
1¼ cups milk
1 egg
¼ cup shortening
⅓ cup sultanas
1 tspn. salt

PLACE..... yeast, 1 tablespoon each of sugar and flour and a little milk into the small bowl.

MIX..... until blended.

ADD..... remaining milk then set bowl in a warm place for 15 minutes.

BEAT..... egg and set aside.

BEAT..... shortening Speed 7 until soft in large bowl.

ADD..... warmed flour and mix to a crumbled consistency — Speed 2.

MIX..... sultanas, sugar and salt through.

ADD..... beaten egg to yeast mixture and mix dry ingredients to a soft dough.

TURN..... on to a floured board. Knead well.

WASH..... bowl, grease and place dough in. Cover and allow to stand in a warm place to rise for 40 minutes.

KNEAD..... well on a floured board. Divide and shape into buns.

PLACE..... onto greased trays and allow to rise for 10 minutes longer.

BAKE..... in a hot oven for 15 minutes.

BRUSH..... with boiled syrup glaze page 29 and sprinkle with cinnamon if desired.

YEAST DOUGHNUTS

Makes about 3 dozen

1 small pkt. compressed yeast
⅓ cup castor sugar
1¼ cups milk
¼ cup shortening
4½ cups plain flour
¼ tspn. salt
1 egg

FIT..... whippers to Mixmaster and beat egg — set aside.

MAKE..... yeast sponge. Blend 1 tblspn. each flour and sugar with yeast and a little warm milk to make a paste.

ADD..... remainder of warm milk. Stand prepared mixture in a warm place for 15 minutes.

BEAT..... shortening until soft—Speeds 1 to 5.

MIX..... into flour, which has been warmed. Add sugar and salt.

ADD..... beaten egg to yeast mixture and mix dry ingredients to a soft dough — Speeds 1 to 2. onto a floured board and knead well.

WASH..... bowl, grease lightly and place dough in.

ALLOW..... to rise for 45 minutes.

KNEAD..... thoroughly.

ROLL..... to ¼ inch thick and cut with doughnut cutter.

ALLOW..... to stand until doubled in height — about 10 minutes.

DEEP..... fry in heated oil or shortening —380° Deep-Fry Cooker, or 400-420° in Sunbeam Frypan until doughnuts rise to top of shortening and begin to brown underside. Turn for even browning.

DRAIN..... and toss in castor sugar mixed with a little ground cinnamon.

Pastries

Crisp, well baked pastries provide an endless variety of food, both sweet and savoury for all occasions. Served hot, warm or cold many pies can often be prepared, ready to cook, or pre-cooked, well beforehand.
With a little imagination a homemaker will plan the use of pastries in their many forms yet exercise care in their serving in order to maintain good dietary balance. It is undesirable to serve two pastries at one meal. Such planning ensures that a baked pie shell is readily available for filling to meet an emergency. Interesting fillings can be quickly prepared on the Sunbeam Power Blender. Successful pastry making depends on:—

- Quality shortening, butter, margarine, lard or good beef dripping.
- Ingredients being cool, chilled if time permits.
- Mixture should be firm. If too moist or dry they are hard to handle.
- Knead pastries lightly and until smooth. Chill sweet pastries if too soft for rolling.
- Shape pastry to approximate finished shape before rolling out. This saves unnecessary waste when trimming.
- Roll on a lightly floured board evenly and lightly from the centre to one inch larger than the plate or dish to be used.
- Lift pastry and lower into plate or dish from the top. *Do not stretch.*
- Trim edges with a sharp knife for best rising.
- Prick bottom of pie shells with a fork before baking to prevent rising.
- Bake in a hot oven, reduce temperature where indicated for filled pies.

SHORT CRUST

Mixing Time: 2 to 3 minutes

½ cup shortening
2 cups plain flour
2 tspns. baking powder
pinch salt
¼ cup water

BEAT ..... shortening until soft — Speed 1 to 7.
SIFT ..... in flour, baking powder and salt.
BEAT ..... until crumbled — Speed 2.
MIX ..... to a firm dough with water. Use a cutting action.
ROLL ..... to shape and size required.

RICH SHORT CRUST

Mixing Time: 2 to 3 minutes

¾ cup shortening
2 cups plain flour
2 tspns. baking powder
pinch salt
2 tbispns. of water
1 egg yolk
1 tbispn. lemon juice

BEAT ..... shortening until soft — Speed 1.
SIFT ..... flour, baking powder and salt and add to shortening.
BEAT ..... until crumbled.
MIX ..... to a firm dough with water, egg yolk and lemon juice.
USE ..... as required.

SWEET PASTRY

Mixing Time: 3 to 4 minutes

4 ozs. shortening
½ cup shortening
1 egg
2 cups S.R. flour

BEAT ..... shortening — Speed 1 — until soft.
ADD ..... sugar and beat — Speed 7 — until creamy.
BEAT ..... egg through mixture.
MIX ..... in flour — Speed 2.
TURN ..... onto a floured board and knead well.
ROLL ..... to size required.

RICH ROUGH PUFF PASTRY

Mixing Time: about 2 minutes

1 cup plain flour
½ tspn. baking powder
pinch salt
⅓ cup shortening
2 tbispns. water
1 egg yolk
squeeze lemon juice

SIFT ..... flour, baking powder and salt.
DIVIDE ..... shortening into three parts.
CUT ..... one portion of shortening through dry ingredients — Speed 1.
MIX ..... to a soft dough with water, egg yolk and lemon juice — Speed 2.
KNEAD ..... lightly on a floured board.
ROLL ..... out into a strip.
SPREAD ..... with one portion of shortening and sprinkle lightly with flour.
FOLD ..... three times lengthwise and across, folding the ends to the centre.
REPEAT ..... the rolling and folding with the third portion of shortening and once without.
ROLL ..... to shape and size required.

CHOUX PASTRY

Makes 24 Puffs
Mixing Time: 3 to 4 minutes

¼ cup shortening
1¼ cups water
1 cup plain flour
3 large eggs

HEAT ..... shortening and water to boiling.
STIR ..... in flour and return to heat.
COOK ..... stirring until dough leaves the side of the saucepan. Cool slightly.
PLACE ..... mixture into large Mixmaster bowl, beat for 1 minute — Speed 5.
ADD ..... eggs one at a time and mix evenly through.
BEAT ..... on Speed 8 until mixture is shiny.
DROP ..... onto greased oven slide—use a teaspoon for savoury puffs — a dessertspoon for sweet puffs.
BAKE ..... in a hot oven for 15 minutes.
REDUCE ..... heat to moderate and cook until dry inside.
COOL ..... fill with cream or pastry cream and sprinkle with icing sugar before serving.
FOR ECLAIRS use a forcing bag and eclair tube.

REFRIGERATOR CHEESE CAKE

Serves 8 to 10
Mixing Time: about 10 minutes

Biscuit Pastry

1 pkt. Nice biscuits
2 tspns. cinnamon
⅓ cup butter

Filling

¼ cup milk
⅓ cup sugar
3 eggs
1 tblspn. gelatine
¼ cup water
¼ cup sugar
3 small pkts. Philadelphia cream cheese
3 tspns. lemon rind
2 tblspns. lemon juice
2 tspns. vanilla
½ cup sour cream

MAKE ..... fine crumbs from biscuits in Sunbeam Power blender.
PLACE ..... into a bowl with cinnamon.
ADD ..... melted butter and mix evenly.
PRESS ..... into an 8 inch springform tin.
PLACE ..... into a moderate oven and bake 15 minutes — cool.
BEAT ..... egg yolks, ⅓ cup sugar and milk—Speed 12.
COOK ..... over a low heat to form a custard—do not boil.
COOL ..... slightly—add gelatine which has been soaked in water—set aside to cool.
BEAT ..... egg whites until stiff in large Mixmaster bowl—Speed 12.
ADD ..... ¼ cup sugar gradually and beat until dissolved — set aside.
PLACE ..... cheese and lemon rind into small Mixmaster bowl.
BEAT ..... on Speed 5 until soft.
ADD ..... lemon juice and vanilla and beat until creamy—Speed 10.
ADD ..... custard mixture and cream. Mix evenly through.
REMOVE ..... small bowl and refit large bowl.
FOLD ..... cheese mixture into beaten egg white — Speed 2—DO NOT OVERBEAT.
POUR ..... into cool crumb case and chill until set.
COVER ..... top of pie with a layer of whipped cream. If desired decorate with passion fruit.

QUICHE LA MERE

Serves 4 to 6
Mixing Time: 3 to 4 minutes

1 cup prawns
1 doz. oysters
1 cup grated cheese
1 large tomato
1 small white onion
3 eggs
½ cup milk
salt and pepper
1 quantity Rich Short Crust

SHELL ..... prawns and cut into ½ inch pieces.
MIX ..... with drained oysters.
GRATE ..... cheese and set aside.
DICE ..... tomatoes, add to prawns.
PEEL ..... onion, and chop finely.
BEAT ..... eggs, milk, salt and pepper to taste. Add onion.
MAKE ..... pastry and line a 9" pie plate, or large flan ring.
BAKE ..... in a hot oven for 10 minutes. Remove.
SPRINKLE ..... prawns, oysters and tomato into shell.
POUR ..... egg mixture over and top with the cheese.
RETURN ..... to moderate oven and bake until set—about 35 minutes.

CUSTARD TART

Serves 5 to 7
Mixing Time: 3 to 5 minutes

Pastry

½ cup shortening
½ cup sugar
1 egg
2 cups plain flour
¼ tspn. baking powder

BEAT ..... shortening until soft—Speed 1.
ADD ..... sugar and beat until creamy —Speed 8.
ADD ..... egg and beat through.
MIX ..... in flour and baking powder—Speed 2.
TURN ..... onto a floured board and knead lightly.
ROLL ..... out and line a 9 inch tart plate.
FILL ..... with custard filling.
BAKE ..... in a hot oven for 10 minutes, reduce to moderate for 20 to 30 minutes, or until set.

Custard Filling

2 eggs
½ cup sugar
1 tblspn. cornflour
vanilla
1¼ cups milk

BEAT ..... eggs and sugar lightly—Speed 3.
ADD ..... blended cornflour, vanilla and milk.
SPOON ..... into pastry—DO NOT POUR.

Cookies

Biscuits and cookies are quick and economical to prepare at home. They provide a popular standby for serving with a cup of tea, for after school snacks and are ideal for the lunch boxes.

For recipe success follow the general hints for creaming butter and sugar page 25. Then

- Knead lightly and use an evenly floured board for rolled cookies.
- Allow sufficient space when placing onto trays to prevent their baking together.
- Always allow to cool on trays unless otherwise instructed.
- Use a spatula or slice for removing from trays.
- Wait until they are quite cold, then place into airtight jars or tins for storage.

FOUNDATION BISCUIT MIXTURE

Mixing Time: 4 to 5 minutes

½ cup shortening
flavouring
½ cup sugar
1 egg
2 cups S.R. flour

BEAT..... shortening — Speeds 1 to 5 until soft.
ADD ..... flavouring and sugar. Beat until creamy — Speed 7.
ADD ..... egg and beat through.
MIX ..... in flour — Speed 2.
PLACE ..... by teaspoonsful onto prepared trays.
BAKE ..... 15 to 20 minutes in a moderate oven.

Variations

ROLL..... in sugar and coconut.
ROLL ..... in balls and top with jam.
ADD..... ½ cup sultanas.
ADD..... 2 teaspoons grated lemon rind.
ROLL..... out and cut with biscuit cutter.
SUBSTITUTE 2 tablespoons cocoa for 2 tablespoons flour.

MERINGUES

Makes about 24
Mixing Time: 4 to 6 minutes

3 egg whites
pinch salt
¾ cup castor sugar
1 tspn. vinegar

BEAT..... egg whites and salt until stiff — Speed 12.
ADD ..... sugar gradually and continue beating until quite dissolved. Add vinegar.
FORM ..... meringues on a greaseproof papered slide with a dessertspoon or meringue tube.
BAKE ..... in a slow oven until set — about 1½ hours.

SCOTCH SHORTBREAD

Mixing Time: 4 to 6 minutes

¾ cup shortening
vanilla
½ cup icing sugar
2 cups plain flour
½ cup riceflour or cornflour

BEAT..... shortening and vanilla until soft — Speed 1.
ADD ..... sugar gradually.
INCREASE to Speed 7 and beat until light and creamy.
MIX ..... in sifted flours— Speed 2.
PRESS ... out into strips and cut into fingers.
PLACE .... on a greased tray.
PLACE ... in a moderate oven and bake for 15 to 20 minutes.

FLORENTINES

Makes about 4 dozen
Mixing Time: 3 to 4 minutes

2 eggs
2 egg whites
⅔ cup castor sugar
1 tspn. grated lemon rind
1 tspn. vanilla
1 tspn. cinnamon
¼ tspn. nutmeg
¼ tspn. cloves
¾ cup S.R. flour
¾ cup chopped mixed peel
¾ cup chopped almonds
melted chocolate or glace icing

SEPARATE eggs and beat the four whites until stiff — Speed 12.
ADD ..... sugar gradually and beat until dissolved.
MIX ..... egg yolks evenly through.
ADD .... lemon rind and vanilla.
FOLD ... in sifted spices and flour then peel and almonds — Speed 1.
PLACE . onto greased cookie trays. Use a teaspoonful for each biscuit, allow room for spreading.
BAKE ..... in a moderate oven 12 to 15 minutes.
COOL ..... slightly before removing from trays. Allow to cool.
MELT ... chocolate and spread onto flat side of biscuits.

SHORT BISCUITS

Makes about 3 dozen
Mixing Time: 4 to 6 minutes

½ cup shortening
vanilla
½ cup castor sugar
1 egg
1½ cups plain flour
½ cup cornflour
1 tspn. baking powder

BREAK ..... up shortening — Speed 1.
ADD..... vanilla and beat until soft — Speed 7.
ADD..... sugar. Beat on Speed 7 — until creamy.
BEAT ..... in egg.
MIX ..... in flours and baking powder — Speed 2.
PUT..... into a biscuit pusher and force onto greased slides.
PLACE ..... into moderate oven and bake 10 to 15 minutes.

LEMON GINGER SQUARES

Makes 35 squares
Mixing Time: 4 to 5 minutes

1 cup shortening
2 tspns. grated lemon rind
½ cup brown sugar
1 egg
1 cup S.R. flour
pinch salt
¾ cup chopped preserved ginger
¾ cup walnuts
lemon icing

SOFTEN .... shortening and beat on Speed 5.
ADD ..... lemon rind and sugar and beat until creamy — Speed 8.
MIX ..... in egg and beat well.
ADD ..... flour, salt, ginger and nuts and mix together — Speed 2.
SPREAD ..... into a well greased 11 x 7 inch tray.
BAKE ..... in a moderate oven 20 to 30 minutes.
ALLOW ..... to cool in the tin on a cake cooler.
WHEN ..... quite cold, ice with thin lemon icing and cut into squares.

VIENNA CREAMS

Makes about 48
Mixing Time: 3 to 4 minutes

1 cup shortening
1 tspn. vanilla
½ cup icing sugar
½ cup custard powder
1¾ cups plain flour
glace cherries

PLACE ..... shortening and vanilla into large bowl.
BREAK ..... up — Speed 1.
BEAT..... until soft — Speed 5.
ADD..... icing sugar. Beat Speed 7 until very light and creamy.
ADD..... custard powder and flour — Speed 2.
MAKE..... rosettes onto greased cookie trays using a star pipe.
TOP ..... with glace cherries.
BAKE ..... in a moderate oven 12 to 15 minutes.
ALLOW ..... to cool on the trays.

Biscuits may be made smaller and joined together with butter cream or can be iced with melted chocolate.

AFTER DINNER FUDGE

Makes 36 squares

cup butter
1 cup brown sugar
1 egg
2 tblspns. raspberry jam
2 tspns. Nescafe
3 tblspns. cocoa
1 pkt. plain biscuits
½ cup raisins
½ cup walnuts or almonds
½ cup glace fruits
2 tblspns. brandy, or rum
melted chocolate

PLACE ..... butter into a saucepan to heat slowly.
BEAT ..... sugar, egg, jam, Nescafe and cocoa until smooth — Speed 6.
POUR ..... into melted butter and stir until thickened.
SET ..... aside to cool.
MAKE ..... crumbs from biscuits. Use a Sunbeam Power Blender. Place into a bowl.
CHOP ..... fruits and nuts and add to cooked mixture with brandy.
POUR ..... onto biscuit crumbs and mix evenly through.
LINE ..... an eight inch square cake pan with foil or waxed paper.
PRESS ..... mixture evenly in.
COVER ..... and chill until set.
SPREAD ..... top with melted chocolate.
KEEP ..... refrigerated until required.
CUT..... into squares before serving.

This is a delicious fudge to serve with coffee at the end of a meal.

SPOTTED COOKIES *Makes 3 dozen*

Mixing Time: 4 to 6 minutes

½ cup shortening
vanilla
½ cup castor sugar
2 tblspns. brandy
2 egg yolks
½ cup currants
2½ cups S.R. flour
½ tspn. mixed spice
½ tspn. cinnamon
egg white
icing sugar

PLACE ..... shortening into small Mixmaster bowl — add vanilla.
BREAK ..... up on Speed 2 — and beat on Speed 5 until soft.
ADD ..... sugar and beat until creamy — Speed 7.
BEAT ..... in brandy then egg yolks one at a time.
REDUCE ..... to Speed 2, add currants, flour and spices.
TURN ..... onto a floured board.
KNEAD ..... well and make into 3 rolls about 1½ inches in diameter.
WRAP ..... in Gladwrap or foil and chill for at least 2 hours, preferably overnight.
SLICE ..... roll about 5 slices to the inch.
PLACE ..... onto greased biscuit slides and bake in a moderate oven for 8 to 10 minutes.
BRUSH ..... with beaten egg white and sprinkle generously with icing sugar.
RETURN ..... to oven and bake 5 to 7 minutes longer.
COOL ..... on the trays.

ALMOND CRUNCHIES

Makes about 36
Mixing Time: 2 to 3 minutes

2 egg whites
¾ cup sugar
2 tspns. lemon rind
2 tspns. lemon juice
1 cup ground almonds
1 cup cornflakes
½ cup coconut
blanched almond halves

BEAT..... egg whites in small Mixmaster bowl until stiff — Speed 12.
ADD..... sugar gradually and beat until dissolved.
ADD..... rind and juice — Speed 1 — and fold in ground almonds, cornflakes and coconut.
CUT greaseproof paper to fit cookie trays and place mixture on by teaspoonsful. Top each cookie with an almond half.
BAKE in a moderate oven about 15 minutes.
REMOVE .. from paper when partly cooled.

APRICOT FINGERS

Makes about 40
Mixing Time: about 3 minutes

2 eggs
1 cup brown sugar
¾ cup S.R. flour
½ cup All Bran
1 cup chopped walnuts
½ cup finely chopped dried apricots
1 tspn. vanilla
¼ cup milk
icing sugar

BEAT ..... eggs and brown sugar — Speed 12 — until thick.
ADD..... ... remaining ingredients.
MIX .... on Speed 2 until well blended.
SPREAD .... mixture onto a greased 11 x 7 x 1½ inch pan.
BAKE ..... in a moderate oven 30 to 40 minutes.
CUT..... into 2 x 1 inch fingers while warm.
COOL.....and roll in icing sugar.

TOFFEE BARS

Makes 25 to 30 bars
Mixing Time: 5 minutes

½ cup shortening
1 tspn. vanilla
¼ cup castor sugar
¼ cup brown sugar
1 egg
½ cup S.R. flour
½ cup All Bran
glace chocolate icing
½ cup walnuts

MELT..... shortening, pour into small bowl.
ADD. . ..... vanilla, sugars and egg.
BEAT..... for 2 minutes — Speed 7.
ADD ..... All Bran beat for 2 minutes— Speed 3.
ADD..... flour and beat 1 minute longer.
POUR..... into a swiss roll tin.
BAKE ..... in a moderate oven 20 to 25 minutes.
COOL ..... in tray.
ICE ..... and top with chopped walnuts. Cut into bars.

BLISTERS

Mixing Time: about 3 minutes

1¼ cup shortening
1 cup plain flour
2 tspns. salt
1 tblspn. lemon juice
3 tblspns. water

BEAT..... shortening until soft, add flour and salt and mix through — Speed 2.
MIX . ..... into a dry dough with juice and water.
ROLL ..... very thinly. Cut into fancy shapes.
PLACE ..... on a greased slide.
BAKE ..... in a hot oven 10 to 15 minutes.

HAZELNUT PIN WHEELS

Makes about 30
Mixing Time: about 3 minutes

Filling:
1½ cups hazelnuts
⅓ cup shortening
½ cup brown sugar
¼ cup water
vanilla
apricot jam

Pastry:
⅓ cup shortening
vanilla
¾ cup plain flour
¾ cup S.R. flour
2 egg yolks
1 tblspn. water

PLACE ... . hazelnuts into a moderate oven for 10 minutes or use Sunbeam Frypan 380°.
RUB .. .. nuts to remove brown skins.
FINE ..... . chop half of the nuts—coarse chop the remainder. Use a Sunbeam Power Blender for this.
HEAT .. .. shortening, sugar and water to boiling. Boil gently for 5 minutes.
COOL .. .. slightly. Add the hazelnuts and vanilla.
STIR ..... through — chill until firm — preferably overnight.
BREAK . ... up shortening — Speed 1.
ADD ... . vanilla and beat until soft — Speed 5.
MIX .... with flours to a crumbled consistency — Speed 2.
ADD ..... egg yolks and water and mix to a firm dough.
PLACE ..... onto a floured board and roll to an ⅛ inch thick oblong.
SPREAD ... with apricot jam.
CUT ..... into strips, 5 inches wide.
SPREAD ... with hazelnut filling, leaving ¼ inch at either side uncovered.
ROLL . . .. press at outer edge. Wrap and chill for about 2 hours.
CUT..... ... . into ¼ inch slices and place onto greased trays.
BAKE . ..... in a moderate oven 15 to 20 minutes.
COOL ..... slightly before removing from trays. Use a spatula knife or egg slice to prevent separation of the filling.

Cakes

Fresh, home made cake is a delight to serve and easy to prepare with your Sunbeam Mixmaster.
Cakes can be prepared to suit every occasion, from every day meals to family weddings and birthdays. They can become an attractive centre piece for a buffet, be served as a triumphant success at afternoon tea or supper, or to add variety to desserts when served with fruit, custards or sauce, whipped cream or ice cream.

General Rules for Successful Cake Making

- All ingredients should be at a suitable temperature and best results are obtained if they are either at room temperature or warmed in cold weather. The professional pastry-cook uses ingredients at around 85°F. Bowls can be warmed for beating both shortening and sugar or sponge mixtures.
- Measure all ingredients carefully — use Australian Standard measure cups and spoons. **All measurements are level.**
- Use a rubber spatula when mixing to remove foods which may splash to the sides of the bowl.
- Always grease tins thoroughly — mix together equal portions of flour and shortening and spread evenly onto the tin with your fingers.
- Test cakes before removing from the oven.
- Allow cake to stand in the tin on a cake cooler to set before removal, allow 2 or 3 minutes for sponges, about 5 minutes for butter cakes unless instructed otherwise.

SPONGE CAKES

Light textured sponge cakes are quick and economical to prepare with your Sunbeam Mixmaster. For best results:—

- Have eggs at room temperature. Important: Very fresh, new laid or refrigerated eggs do not aerate successfully.
- Do not over beat egg whites. **Beat only until thick, not stiff or dry.**
- Add sugar gradually pouring continuously. Beat until dissolved, then mix yolks evenly through
  OR
  mix yolks through then add sugar gradually and beat until dissolved.
- Remember, when adding flour it should be lightly folded in. To do this turn motor OFF. Sieve flour onto beaten mixture. Turn to Speed 1. Use the whippers in an up and down action to lift the beaten egg through the flour. **Do not over mix.** Add liquids with the same action.
- Pour evenly into tins. Do not spread.
- Bake at the correct temperature. Quick or long cooking causes shrinkage.

SWISS ROLL

Mixing Time: 4 to 6 minutes

3 eggs
½ cup castor sugar
1 cup S.R. flour
4 tblspns. hot milk

BEAT egg whites until thick — Speed 12.
POUR sugar gently in. Beat until thick and sugar dissolves.
ADD egg yolks and mix evenly through.
FOLD in sifted flour then milk — Speed 1.
POUR into a greased 9½ x 12 inch swiss roll tin.
BAKE in a moderate oven 10 to 12 minutes.
TURN on to a sugared paper, trim edges and roll.
COOL and fill with berry jam.

HONEY SPONGE

Mixing Time: 4 to 6 minutes

3 eggs
½ cup castor sugar
1 tblspn. honey
4 tblspns. flour
2 tspns. baking powder
½ cup arrowroot

BEAT egg whites stiffly — Speed 12.
ADD yolks and sugar gradually and beat until dissolved.
ADD honey.
FOLD in sifted flour, baking powder and arrowroot — Speed 1.
POUR into two greased 8 inch sandwich tins.
BAKE in a moderate oven for 15 to 20 minutes.
COOL and fill with mock cream.

SPONGE SANDWICH

Mixing Time: 4 to 6 minutes

3 eggs
¼ tspn. salt
¾ cup sugar
1 cup S.R. flour
1 tblspn. cornflour
4 tblspns. milk
2 tblspns. butter

BEAT ..... egg whites and salt until stiff, but not dry — Speed 12.
ADD ..... egg yolks and mix evenly through.
POUR ..... sugar gently into beating mixture.
BEAT ..... until thick and creamy.
FOLD ..... in sifted flour and cornflour — Speed 1.
LASTLY ..... add heated milk and melted butter.
POUR ..... into greased 7 or 8 inch sandwich tins.
BAKE ..... in a moderate oven 18 to 22 minutes.
COOL ..... and fill with your favourite frosting.

CHOCOLATE SPONGE

Mixing Time: 5 to 7 minutes

4 eggs
1 cup castor sugar
1 cup and 2 tblspns. plain flour
2 tspns. cream of tartar
1 tspn. bi-carb. soda
½ cup cocoa
½ cup hot water
¼ cup butter

SEPARATE .. eggs and beat whites in large Mixmaster bowl until thick — Speed 12.
ADD ..... egg yolks and mix evenly through.
GRADUALLY .. add sugar and beat until thick and creamy.
REDUCE .... to Speed 1.
FOLD ..... in sifted dry ingredients then water and melted butter.
POUR ..... into two greased 8 inch sandwich tins.
BAKE ..... in a moderate oven, 20 to 25 minutes.
COOL ..... and fill with fresh or mock cream.
ICE ..... with warm chocolate icing.

BUTTER CAKES

The term butter cake is used for mixtures prepared by creaming shortening and sugar and for some mixtures where shortening is melted or very soft, and mixed with the dry ingredients.

To Cream Butter and Sugar

- Warm the bowl to be used, especially in cold weather.
- Always have shortening very soft, **never oily.** Beat to a spreading consistency **before** adding sugar or dry ingredients. Use Speed 1 to break up shortening and Speed 5 for softening.
- Add essence or other flavouring to shortening for better penetration and flavour retention.
- Add sugar to softened shortening. Beat on Speed 7 only until color lightens slightly — no need for sugar to dissolve.
- Add whole eggs one at a time and beat until absorbed. No need to pre-beat. Eggs should not be cold, they can curdle mixtures.
- Divide flour and liquids into 2 or 3 portions and add alternately on low Speed 1 or 2. Mix only until blended, **do not over beat.**
- Add fruits, nuts, etc., last and mix lightly through.
- Use the large bowl as directed for better aeration. For extra large mixtures — Christmas cakes, puddings etc., complete mixing to adding eggs **then** use your Mixmaster motor portably for adding fruits and flour.

FOUNDATION BUTTER CAKE

Mixing Time: 4 to 6 minutes

½ cup shortening
flavouring
½ cup castor sugar
2 eggs
2 cups S.R. flour
6 tblspns. milk or water

BEAT ..... shortening and flavouring in large Mixmaster bowl — Speed 5 until very soft.
INCREASE . to Speed 7, add sugar and continue beating until light and creamy.
ADD ..... eggs, one at a time, beating well between each addition.
MIX ..... in sifted flour and liquid alternately — Speed 1.
PLACE ..... in prepared 7½ x 4 inch tin.
BAKE ..... in a moderate oven for 30 to 35 minutes.
COOL ..... and ice with warm icing.
ANY ..... of the following may be added to the above mixture:—½ cup chopped nuts; ½ cup dried or crystallised fruit; 2 tblspns. cocoa or 1 oz. chocolate and 1 extra tblspn. milk; 4 tblspns. coconut.

RICH PLAIN CAKE

Mixing Time: 5 to 7 minutes

8 ozs. shortening
flavouring
2 cups plain flour
4 eggs
1 cup castor sugar
2 tspns. baking powder

PLACE ..... shortening and flavouring into large Mixmaster bowl.
BEAT ..... until soft — Speed 1.
BEAT ..... on Speed 5 until very light.
ADD ..... flour — Speed 1 — reserve 2 tblspns.
BEAT ..... eggs and sugar on Speed 12 until light.
ADD ..... slowly to shortening and flour mixture — Speed 1.
FOLD ..... in the remaining flour mixed with the baking powder.
BAKE ..... in a 7 inch square cake tin in a moderate oven 45 to 55 minutes.

JAMAICAN CHOCOLATE CAKE

Mixing Time: 4 to 6 minutes

½ cup cocoa
2 tspns. Nescafe
½ cup water
4 ozs. shortening
1 teaspn. vanilla
2 tblspns. rum
¾ cup castor sugar
½ cup brown sugar
2 eggs
2 cups S.R. flour
¼ tspn. mace
¼ tspn. nutmeg
1 tspn. mixed spice
1 tspn. cinnamon
¼ cup milk

PLACE ..... cocoa, Nescafe and water into a saucepan.
HEAT ..... stirring until smooth and boiling. Cool.
PLACE ..... shortening into large Mixmaster bowl. Break up — Speed 1.
ADD ..... vanilla and beat until soft — Speed 5.
ADD ..... rum, then sugar and beat until well creamed — Speed 7.
ADD ..... eggs, one at a time and mix through.
ADD ..... cooled chocolate mixture gradually.
MIX ..... in sifted flour and spices alternately with milk — Speed 2.
PLACE ..... into a greased baba tin.
BAKE ..... in a moderate oven 50 to 60 minutes.
SPRINKLE ... with icing sugar before serving. May be iced if desired.

SUNBEAM FESTIVE CAKE

Mixing Time: 5 to 7 minutes

Important: We recommend you purchase dried fruits for rich cakes direct from the store if you do not have your own scales. Mixed fruit may be substituted. Always use the same amount, a total of 2 lbs. See Metric equivalents

½ lb. raisins
½ lb. sultanas
2 oz. pres. figs
2 ozs. almonds
2 ozs. pres. ginger
4 ozs. currants
2 ozs. dates
2 ozs. mixed peel
2 ozs. glace cherries
3 tblspns. rum or sherry
1 cup butter
1¼ cup brown sugar
5 to 6 eggs
3 cups plain flour
2 tspns. parisian essence

PREPARE ... fruit, chop dates, figs, almonds, cherries and ginger.
SPRINKLE ... with spirit and allow to soak overnight or longer.
SOFTEN ..... shortening — Speed 1. Add sugar.
BEAT ..... until creamy — Speed 7.
ADD ..... eggs one at a time, beating evenly through. Add essence.
MIX ..... in flour and fruit alternately, using Speed 2.
PUT ..... into papered 8 inch deep round or 7 inch square tin.
BAKE ..... in a cool oven for 2½ to 3 hours.

RICH CHRISTMAS CAKE

Mixing Time: about 7 minutes

1 lb. sultanas
1 lb. raisins
1 lb. currants
½ lb. mixed peel
½ lb. almonds
½ lb. ginger in syrup
½ lb. glace figs
¼ lb. glace cherries
½ cup brandy, whisky or sherry
6 cups plain flour
2 tspns. bi-carb. soda
1 tspn. salt
1 tspn. nutmeg
1 tblspn. mixed spice
1 tblspn. cinnamon
1 lb. butter
1 cup brown sugar
1½ cups castor sugar
8 to 10 eggs

PREPARE ... fruits and soak in spirit overnight or longer.
SIFT ..... together flour, soda, salt and spices.
BREAK ..... up butter in large bowl — Speed 1.
BEAT ..... until soft — Speed 5.
ADD ..... sugars and beat until creamy — Speed 7.
ADD ..... eggs, one at a time, beat evenly through.
TRANSFER ... mixture to a large household bowl or dish.
DETACH ..... Mixmaster motor to use portably.
MIX ..... in flour and fruit alternately — Speed 2.
PLACE ..... into a lined 10 inch, deep, round cake tin.
BAKE ..... in a cool oven 4 to 5 hours.

LIGHT FRUIT CAKE

1½ lbs. mixed fruit (vary and add nuts to suit personal taste USE ONLY 1½ lbs.)
½ lb. shortening
1 tspn. each lemon, almond and vanilla essence
1¼ cups castor sugar
5 eggs
2 tblspns. sherry
1¼ cups plain flour
1¼ cups S.R. flour

PREPARE ... fruit and sprinkle with sherry.
BREAK ..... up shortening — Speed 1.
BEAT ..... until [illegible] — Speed 5.
ADD ..... essences and sugar and beat until creamy — Speed 2.
BEAT ..... in eggs one at a time.
REDUCE ..... to Speed 1, add flour and fruit, alternately.
PLACE ..... in paper lined 7 inch square cake tin.
BAKE ..... in moderate oven for 2 to 2½ hours.
TEST ..... with a skewer before removing from oven.

QUICK WHIP CAKES

Controlled speed electric mixing allows the use of new blending methods for many mixtures and Sunbeam Quick Whip cakes save time. Where most or all of the ingredients are placed into and beaten in one bowl it is important to have the shortening **very soft,** almost the consistency of thick cream. Measure ingredients accurately. Note: Most recipes have a higher proportion of sugar than those made by the standard method and generally the finished Quick Whip cake is inclined to be more moist.

The following recipes have been specially developed for this method and beating times given are adequate for success.

PACKAGE CAKE MIXES

A wide range of reliable cake mixes and desserts are readily available to today's homemaker. They are convenient and carefully blended. If the liquid is measured accurately and the directions followed, perfect results are assured. Most cake mixes can be beaten in the small Mixmaster bowl.

Follow the manufacturers' instructions. To the package contents add the correct quantity of liquid and eggs as recommended. Mix the liquid and dry ingredients together on Speed 2 then, if directed "beat on a medium speed" — use Speed 6. For high speed, turn Mix-Finder dial to 12 and when low speed is recommended use Speeds 1 or 2. Scrape the bowl with a rubber spatula as required during mixing.

BOILED FRUIT CAKE

Mixing Time: 2 to 3 minutes

1 cup water
1 cup castor sugar
1 large pkt. mixed fruit
½ lb. shortening
2 tspns. mixed spice
2 tspns. bi-carb. soda
2 eggs
¼ tspn. each vanilla, lemon and almond
1¼ cups S.R. flour
1 cup plain flour

PLACE . . sugar, fruit, shortening, water, spice and bi-carbonate of soda into a saucepan.
BOIL..... gently for 10 minutes.
ALLOW . . . to cool.
BEAT..... eggs in small Mixmaster bowl — Speed 12.
ADD..... to mixture with essences.
FOLD..... in sifted flours — Speed 2.
PLACE..... into a greased 7½ inch, deep square cake tin.
BAKE..... in a moderate oven 1 to 1½ hours.

JIFFY GINGERBREAD

Mixing Time: 4 minutes

½ cup ,1 tblspn. water
⅓ cup shortening
1 cup golden syrup
1 tspn. bi-carb. soda
1 cup mixed sultanas and raisins
½ cup brown sugar
2 cups S.R. flour
2 tspns. ground ginger
1 egg

HEAT . . shortening, sugar, syrup and water in a saucepan until melted.
ALLOW..... to cool.
SIEVE..... dry ingredients into large Mixmaster bowl.
ADD ..... syrup mixture.
BEAT..... for 3 minutes — Speed 7.
MIX . . . in the egg and fruit—Speed 1.
POUR ..... into 7 x 4 inch loaf tin.
BAKE . . . in a moderate oven for 55 to 65 minutes.
SERVE . . . warm with butter.

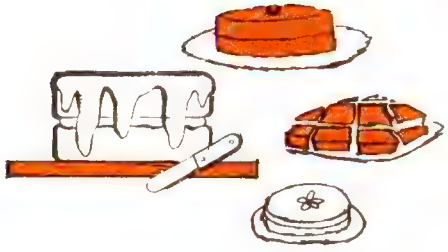
COFFEE LAYER CAKE

Mixing Time: 4 to 5 minutes

⅓ cup unsalted mashed potatoes
1½ cups plain flour
⅔ cup sugar
1 tspn. each cinnamon and nutmeg
2 tspns. baking powder
½ cup shortening
3 eggs
1 tspn. vanilla
1½ tspns. Nescafe
2 tblspns. hot water
⅓ cup milk
⅔ cup walnuts
butter cream
coffee glace icing

COOK..... potatoes — mash, do not add butter, milk or salt — keep warm.
PLACE..... sifted flour, sugar, spices, baking powder, potato and very soft shortening into Mixmaster bowl.
ADD..... eggs, vanilla and Nescafe dissolved in hot water.
BEAT..... until combined — Speed 2.
ADD..... half of the milk and beat for 2 minutes — Speed 6.
ADD..... remaining milk and beat for 2 minutes longer.
MIX..... walnuts through — Speed 1.
POUR . . . into two greased 8 inch layer cake tins.
BAKE..... in a moderate oven 30 to 40 minutes.
COOL ..... join together with butter cream.
ICE ..... with glace icing and decorate with walnuts.

Frostings



Frostings and icings add finish, flavour and glamour to an otherwise plain mixture. They should complement and contrast with the color and flavour of the cake. Remember, simple designs are often the most effective, so use icings, frostings and decorations sparingly.
Have the cake quite cold before filling or frosting unless otherwise instructed. Brush lightly to remove any loose crumbs.
When using a glace icing for the top only, pin a piece of greaseproof paper around the perimeter, leaving it about ¼ inch above the top level. Pour icing over, do not spread — when icing sets remove paper.
Frost sides of cake, then top last. Place frosting onto centre of cake and spread outwards, trim edges and spread evenly or swirl with a knife or fork.
Use crystal sugar for all boiled frostings.

MOCK CREAM No. 1

Mixing Time: 3 to 4 minutes

¼ cup butter
1 cup icing sugar
vanilla

BEAT..... shortening — Speed 1 until soft.
ADD..... icing sugar.
BEAT..... Speed 10 until light and creamy.
LIFT..... bowl from Mixmaster.
ALLOW..... cold water to run through mixture — pour water off.
ADD..... vanilla and beat well before using — Speed 10.

MOCK CREAM No. 2

Mixing Time: about 4 minutes

2 tblspns. cornflour
1 cup milk
2 tblspns. butter
2 tblspns. castor sugar
vanilla

BLEND..... cornflour with a little milk.
BOIL..... remainder, add blended cornflour and cook for several minutes — cool.
BEAT..... shortening — Speed 1 until soft, add sugar, and increase to Speed 10 — beat until creamy.
ADD..... cooled cornflour mixture gradually, beat well and add vanilla.

MOCK CREAM No. 3

For an 8 inch cake
Mixing Time: about 4 minutes

¼ cup butter
2 tblspns. sugar
2 tblspns. boiling water
2 tblspns. cold milk
vanilla

BREAK..... up shortening — Speed 1.
ADD..... sugar and beat until light in color — Speed 10.
ADD..... boiling water, then milk gradually.
FLAVOUR ... with vanilla.

MOCK WHIPPED CREAM

Mixing Time: about 4 minutes

1 tspn. gelatine
4 tblspns. hot water
½ cup butter
3 tblspns. castor sugar
¼ tspn. cream of tartar
vanilla

DISSOLVE . gelatine in hot water.
BREAK..... up butter — Speed 1.
BEAT..... until soft — Speed 5.
ADD ..... sugar, cream of tartar and vanilla.
BEAT..... until light — Speed 10.
ADD ..... dissolved gelatine gradually and beat until fluffy.

ALMOND PASTE

For ½ lb. Fruit Cake

3 cups pure icing sugar
¾ cup ground almond or marzipan
2 tblspns. sherry
1 tblspn. lemon juice
2 egg yolks

SIFT..... the icing sugar.
ADD..... almonds and mix to a dry dough with sherry, lemon juice and egg yolks — Speed 4.
TURN ..... onto a board sprinkled with icing sugar.
USE ..... one-third for the top of the cake and remainder for the sides.
ROLL..... out to fit cake which has been brushed with lightly beaten egg white.
PLACE ..... paste onto cake and mould on with the hands.
ALLOW..... to stand two or three days before covering with icing.

MILK ICING

¼ cup butter
3 tblspns. milk
1½ cups icing sugar

BOIL ..... milk and butter.
ADD ..... sifted icing sugar gradually.
BEAT..... until thick — Speed 6.
POUR..... over cake, using a warm knife for spreading if necessary.

ROYAL ICING

To decorate a ½ lb. Fruit Cake
Mixing Time: about 5 minutes

1 egg white
1¼-1½ cups sifted PURE icing sugar
1 tspn. glucose
2 tspns. lemon juice

BEAT..... egg white stiffly — Speed 12.
ADD..... icing sugar gradually — Speed 1.
MIX..... glucose evenly through.
BEAT..... on Speed 6 until smooth.
ADD ..... lemon juice.

NOTE. If the icing is not being used immediately, cover with a damp cloth or Gladwrap.

CITRUS FROSTING

2 tspns. grated lemon, orange or grapefruit rind
2 tblspns. shortening
1 cup icing sugar
citrus juice

BEAT..... shortening and rind until soft — Speed 5.
ADD ..... icing sugar gradually — Speed 2.
MIX..... in sufficient juice to make into a spreading consistency.
BEAT..... on Speed 10 until creamy.

PLASTIC ICING

For 1 lb. Christmas Cake

1 cup crystal sugar
2 tblspns. liquid glucose
½ cup water
1 tblspn. glycerine
½ tspn. cream of tartar
2 lb. pure icing sugar
2 ozs. copha
1 tblspn. gelatine

HEAT..... sugar, glucose, half the water, glycerine and cream of tartar to boiling — 300 in Deep-Fry Cooker.
STIR..... until sugar dissolves, then cook to 240F or 'soft ball' stage (page 32).
TURN..... off and allow bubbles to settle.
STIR ..... in Copha and gelatine dissolved in remaining water.
POUR..... into large Mixmaster bowl and beat in 1¼ lbs. of icing sugar — Speed 5.
BEAT..... until white.
COVER..... dish with Gladwrap and allow to stand for at least 24 hours.
KNEAD..... in remaining icing sugar.
ROLL..... to fit cake.
BRUSH..... cake or almond paste with egg white and place icing on.
RUB ..... lightly by hand to smooth icing.

GLACE ICING

1 tblspn. butter
2 cups icing sugar
water or milk
½ tspn. vanilla

MELT..... butter, remove from heat.
ADD..... icing sugar and sufficient water to form a thick paste.
ADD..... vanilla.
HEAT..... gently stirring continuously until icing is a pouring consistency. DO NOT BOIL.
POUR..... over cake.

Variations

Use milk or fruit juice, coffee essence, or strong coffee for mixing: Add 2 tblspns. cocoa or drinking chocolate: 1 tspn. Nescafe.

BOILED MIXMASTER FROSTING

1 cup sugar
4 tblspns. water
¼ tspn. cream of tartar
1 egg white
pinch salt
1 tspn. vanilla

PLACE ..... all ingredients except vanilla into a china bowl over boiling water.
DETACH ... Mixmaster motor and beat frosting over heat for 7 to 10 minutes — Speed 9. Frosting should be a spreading consistency — add vanilla.
BEAT. ... .. until cool and spread onto cake.

SYRUP GLAZE

½ cup crystal sugar
3 tblspns. water

BOIL ..... sugar and water until sugar is dissolved.
BRUSH ..... onto hot food.

MELTED CHOCOLATE

Chocolate for decorating (and cooking) can either be purchased as cooking chocolate from health food or grocery stores or eating chocolate available in small, medium and large blocks of approximately 2, 4 and 8 ounces (56, 112 and 224 g.). It is necessary to use cocobutter or Copha to ensure resetting.

Allow 1 oz. (25 g.) of either ingredient for the large chocolate. Melt over a very low heat and blend with a spatula before using.

Desserts

As in all other fields of food preparation your Sunbeam Mixmaster assists in the preparation of a wide variety of puddings for all occasions and all climatic conditions. Use it for making lighter, creamier ice cream, whipping delicate souffles, preparing sherbets, steam puddings and the larger rich, fruity, Christmas pudding.

VANILLA ICE CREAM

Makes 12 to 16 serves
Mixing Time: 4 to 6 minutes

2½ cups milk
½ cup powdered milk
3 tblspns. sweetened condensed milk
1 tspn. vinegar
2 tspns. gelatine
1 tblspn. water
vanilla
extra sugar if desired

MIX ..... milk and powdered milk and bring to the boil.
ADD ..... condensed milk, vinegar and gelatine dissolved in water.
COOL ..... and beat until frothy — Speed 7.
CHILL ..... until frozen one inch from the sides of the trays.
TURN ..... one tray of mixture into chilled small bowl.
ADD ..... vanilla and beat until light — Speed 6.
BEAT ..... remainder.
RETURN ... to refrigerator and freeze 2 to 3 hours.

TANGY APPLE CRUNCH

Serves 4 to 6

⅓ cup orange juice
2 tblspns. lemon juice
4 large tart apples
sugar to taste
¼ cup shortening
1 tspn. cinnamon
½ cup S.R. flour
1½ cups brown sugar
½ cup walnuts (optional)

FIT ..... Juice Extractor and prepare juices.
FIT ..... Slicer and Shredder with No. 4 plate.
PEEL ..... and core apples. Cut in halves and slice.
ARRANGE apples in a casserole. Press and pack down firmly.
SPRINKLE with sugar to taste. Add juices.
BEAT ..... shortening until soft In small Mixmaster bowl — Speed 5.
ADD ..... cinnamon and flour and mix together — Speed 2.
ADD ..... brown sugar and mix until crumbled.
MIX ..... walnuts through and sprinkle evenly over apples.
BAKE ..... in a moderate oven until apples are tender.
SERVE warm with cream or ice cream.

ORANGE SHERBET

Serves 6 to 8
Mixing Time: 2 to 3 minutes

12 sugar cubes
½ cup boiling water
½ cup orange juice
¼ cup Curacao or Cintreau
1¾ cups cold water
1 tspn. grated lemon rind
2 egg whites
6 tblspns. sugar

RUB ..... cube sugar over the rind of 2 oranges pressing firmly so that sugar absorbs the flavour
PLACE ..... sugar into a bowl and pour the boiling water over.
ALLOW ..... to stand until sugar dissolves — stir occasionally.
ADD ..... the juice, Curacao, cold water and lemon rind.
PLACE ..... into refrigerator to chill.
STRAIN ..... through fine muslin into refrigerator trays and freeze until mushy.
BEAT ..... egg whites stiffly — Speed 12.
ADD ..... sugar and beat until dissolved.
FOLD ..... gently into freezing liquid.
RETURN ..... it to freezer. Stir gently each half hour until set.

STEAMED PUDDING

Serves 4 to 6
Mixing Time: about 4 minutes

⅓ cup shortening
1 tspn. vanilla
⅓ cup sugar
1 egg
1½ cups S.R. flour
⅓ cup milk
3 tblspns. jam

BEAT ..... shortening until soft — Speed 1.
ADD ..... vanilla and sugar, beat until creamy — Speed 7.
BEAT ..... in egg. Add flour and milk alternately — Speed 1.
GREASE ..... a pudding mould and place jam into the bottom.
PLACE ..... mixture into mould and cover with lid, foil or greaseproof paper.
COOK ..... for 1½ hours — LOW to HIGH SIMMER — Sunbeam Deep-Fry Cooker — or in individual moulds 20 to 30 minutes.
SERVE ..... with sauce or custard.

PAVLOVA

Serves 6 to 8
Mixing Time: 6 to 8 minutes

6 egg whites
¼ tspn. salt
1½ cups castor sugar
2 tspns. vinegar

BEAT ..... 4 egg whites with salt until stiff in large bowl — Speed 12.
ADD ..... 1 cup of sugar gradually and continue to beat until sugar is completely dissolved.
ADD ..... two-thirds of the vinegar.
PLACE ..... mixture into a meringue bag, complete with meringue tube.
PIPE ..... onto a flat tin covered with greaseproof paper, to the size required. (This may be marked on the underside of the paper in pencil.)
MAKE ..... one row of roses to form a wall.
BAKE ..... in a cool oven for one hour.
PREPARE ..... remainder of meringue, and pipe around the edge to form a recess.
RETURN ..... to oven, and bake approximately two hours — until quite firm on top and slightly soft underneath.
COOL ..... and fill with fruit salad and cream.

CHOCOLATE MOUSSE

Serves 4 to 6

1 tspn. gelatine
¼ cup water
2 pkts. choc-bits or 2 medium blocks plain dark chocolate
½ cup strong coffee
⅓ cup cream
2 eggs
2 egg yolks
⅓ cup of castor sugar
½ tspn. vanilla
rum to taste

SOAK ..... gelatine in water.
GRATE ..... chocolate on No. 1 plate Slicer and Shredder and place into saucepan with coffee.
HEAT ..... gently until chocolate melts.
ADD ..... soaked gelatine and stir until dissolved.
WHIP ..... cream and set aside.
BEAT ..... eggs, egg yolks and sugar — Speed 12.
PLACE ..... bowl into or over a saucepan of cold water.
DETACH ..... Mixmaster motor.
BEAT ..... and heat until water is boiling — Speed 12.
COOK ..... beating until egg mixture is thick and creamy.
REPLACE ..... motor and refit bowl.
BEAT ..... until bowl is cold — Speed 12.
ADD ..... cooled chocolate mixture then whipped cream — Speed 5.
FOLD ..... in essence and rum to taste — Speed 1.
POUR ..... into prepared souffle dish, or individual serving dishes.
CHILL ..... at least overnight.
DECORATE ..... with whipped cream, chopped hazelnuts and marischino cherries before serving.

CHRISTMAS PUDDING

Mixing Time: about 6 to 8 minutes

½ lb. sultanas (225 g.)
¼ lb. currants (115 g.)
2 ozs. preserved ginger (55 g.)
2 ozs. almonds (55 g.)
½ lb. raisins (240 g.)
2 ozs. dates (55 g.)
2 ozs. glace cherries (55 g.)
5 tblspns. rum or sherry
3 cups soft breadcrumbs
1 cup shortening
1¼ cup brown sugar
5 to 6 eggs
1½ cups plain flour
2 tspns. mixed spice
1 tspn. bi-carb soda

PREPARE ..... fruits, cover with spirit and allow to stand overnight.
MAKE ..... crumbs from day old bread do not allow to dry out.
BEAT ..... shortening until soft — Speed 1.
ADD ..... sugar and beat until creamy — Speed 7.
ADD ..... eggs, one at a time and beat evenly through.
ADD ..... prepared fruits alternately with sifted flour, spice, bi-carb. soda and breadcrumbs — Speed 2.
PLACE ..... mixture into cloth dipped in boiling water — tie securely.
BOIL ..... for at least four hours and for two hours on the day of reheating.
SERVE ..... with hard or brandy sauce.

NOTE: This pudding is best if made 7 to 14 days before use — no longer.

SOUFFLE MILANAISE

Serves 6 to 8
Mixing Time: about 8 minutes

2 tblspns. gelatine
½ cup water
1½ tblspns. grated lemon rind
½ cup lemon juice
2 eggs
½ cup sugar
1¼ cups cream or evaporated milk

PLACE ..... gelatine in water — heat until dissolved.
ADD ..... lemon rind and allow to cool.
PREPARE ..... lemon juice on Juice Extractor.
BEAT ..... egg whites in large Mixmaster bowl — Speed 12.
ADD ..... half sugar and beat until dissolved — set aside.
BEAT ..... cream until thick — Speed 9 — set aside.
BEAT ..... yolks and remaining sugar until pale in color — Speed 12.
ADD ..... gelatine mixture and lemon juice — remove, refit large bowl.
FOLD ..... in egg whites — Speed 2, then add whipped cream.
POUR ..... into souffle dish. Chill until set.
SERVE ..... decorated with extra whipped cream and glace or crystallised fruits.

Candies

Homemade candies are economical to prepare and far more attractive and full of flavour than those you buy. A sweets thermometer is an advantage but reliable tests can be made by dropping a globule of the boiling mixture into cold water. The syrup will form a ball when ready — soft ball for fondants, etc. — a firm ball for caramels — a hard ball or crack for toffees. Use fresh cold water for each testing.

- For best results always use crystal sugar.
- Heat to boiling with the lid on.
- Do not stir clear syrups or scrape the saucepan when emptying. This will cause the candying of the mixture.
- Cool mixtures before heating then pour into **pre-heated** bowls.
- When quite cold, cut or break into squares or pieces. Wrap toffees before storing.

PEPPERMINT CREAMS

A quantity of fondant — oil of peppermint.

PLACE ..... prepared fondant into a basin over boiling water.
ADD ..... oil of peppermint and stir until a thick pouring consistency.
DROP ..... by teaspoonsful onto waxed paper, or a marble slab.
WRAP ..... in cellophane or waxed paper when cold.

NUT CRUNCH

1¼ cup castor sugar
½ lb. shelled peanuts almonds or hazelnuts

PLACE ..... sugar into a thick saucepan.
STIR ..... over a low heat until liquid and clear golden brown — use 420 Sunbeam Frypan.
PUT ..... nuts into a well greased tin.
POUR..... syrup over nuts and allow to cool.

CREAMY COCONUT ICE

2 cups crystal sugar
½ cup milk
2 tblspns. glucose
vanilla
1 cup coconut cochineal

BRING ..... sugar and milk to the boil in a saucepan with the lid on — Remove lid.
BOIL ..... until syrup forms a soft ball or to 238-240°F (115.5°C).
COOL ..... slightly, add vanilla and pour over coconut in heated bowl.
BEAT ..... on Speed 5 until creamy.
DIVIDE ..... and colour half pink.
PRESS ..... pink section into a greased tin or onto a marble slab. Top with white portion.
CUT ..... into cubes when set.

FONDANT

1 lb. crystal sugar
5 fl. ozs. water
2 tspns. glucose
¼ tspn. cream of tartar

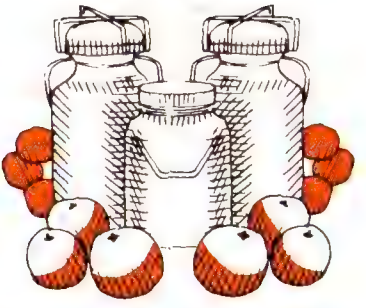
PLACE ..... all ingredients into a saucepan. Fit lid.
BRING ..... to the boil, then continue boiling without the lid to 238°F (114.4°C) or soft ball.
COOL ..... and pour into a heated small bowl.
BEAT ..... on Speed 5 until thickened.
USE ..... a rubber spatula to keep mixture from the sides of the bowl.
KNEAD ..... well before using.

MARSHMALLOWS

2 tblspns. and 2 tspns. gelatine
2½ cups water
4 cups sugar
¼ tspn. cream of tartar
1 egg white
flavouring and colouring

SOAK ..... gelatine in one cup water.
PUT..... remainder of water, sugar and cream of tartar into a saucepan.
BOIL ..... with the lid on until sugar is dissolved.
REMOVE ... lid, add gelatine, boil for 20 minutes. Cool for 5 minutes.
BEAT ..... egg white stiffly in small bowl — Speed 12.
POUR ..... mixture into a heated large bowl.
ADD..... stiffly beaten egg white, flavouring and colouring.
BEAT ..... Speed 12 until thick.
POUR ..... into greased tin to set.
CUT ..... and roll in toasted coconut or sifted icing sugar.

Preserves



Fruits and vegetables purchased at the height of the season at relatively low cost can be made into interesting home made jams, sauces, chutneys and pickles. Preparation is simple when you own one or more of the Mixmaster attachments and with the Sunbeam Deep-Fry Cooker jams cook without fear of sticking.
Before adding the sugar always cook the fruit or vegetables until completely tender in the quantity of water specified, or use a minimum quantity with grapes, berries, etc.
Home made jam is full of flavour and costs far less than bought jams.

SWEET ORANGE JAM

4 large oranges
9 cups boiling water
4 lb. sugar

SLICE ..... thinly. Place into a bowl and cover with boiling water.

ALLOW..... to stand for 24 hours.
PLACE ..... in a saucepan and simmer with the lid on until the fruit is tender — LOW SIMMER — Sunbeam Deep-Fry Cooker.
ADD ..... sugar and boil without lid until mixture jells.
COOL ..... bottle and seal.

LEMON BUTTER

6 eggs
2 cups sugar
½ cup butter
6 lemons

BEAT..... eggs — Speed 12 — until light. Add sugar.
PLACE ..... in a double saucepan with the butter and grated rind of two lemons.
REMOVE .... the juice from the lemons and add to egg mixture.
COOK ..... over a low heat until thick.
BOTTLE..... and seal.

TOMATO SAUCE

24 tomatoes
4 onions
2 tblspns. ground ginger
4 tblspns. salt
cayenne
8 cloves garlic
1 tblspn. cloves
1¼ cups best vinegar
4 tblspns. sugar

CHOP..... tomatoes and onions roughly, or mince with coarse plate on Mincer.
ADD..... ginger, salt, cayenne to taste and minced garlic and cloves tied in muslin.
BOIL ..... gently for about two hours.
BEAT..... well until thoroughly pulped or puree in Sunbeam Drink-Mix Blender. One cup at a time.
RETURN..... to saucepan, add vinegar and sugar. Simmer until thick.
BOTTLE ..... and seal with paraffin wax.

CARROT JAM

4 medium sized young carrots
3 lemons
3 pints water
4 lbs. sugar

SCRAPE .... carrots and grate them into fine shreds.

WASH ..... lemons, cut in halves lengthwise and slice thinly and place into a bowl.
POUR..... water over and stand overnight.
HEAT..... to boiling and cook with lid on until fruit is tender — HIGH SIMMER — 260 in Deep-Fry Cooker.
ADD..... sugar, cook with lid off until liquid jells.
BOTTLE ..... and seal.

MELON AND PINEAPPLE JAM

For one part of prepared melon jam use equal weight of sugar
⅓ by weight of pineapple

CHOP..... melon on Sunbeam Mincer and place in a preserving pan.

COVER..... with water and boil with the lid on until tender.
PULP..... pineapple on juice extractor and add to boiling melon.
ALLOW..... to cook for five minutes.
ADD..... warmed sugar and stir until dissolved.
BOIL..... rapidly until thickened, about ¾ hour.
BOTTLE..... and seal with paraffin wax.

International Foods

FRENCH ONION SOUP

Serves 6 to 8

4 onions
tasty cheese
¼ cup butter
½ cup brandy
9 cups beef stock
salt and pepper
buttered sliced French bread

FIT ..... No. 4 slicer plate to Slicer and Shredder.
SLICE ..... onions and set aside.
FIT ..... shredder plate (No. 1) and grate cheese for garnish.
HEAT ..... butter in a heavy pan — 340 Sunbeam Deep-Fry Cooker.
SAUTE ..... onion slices until golden.
ADD ..... brandy, heat and flame.
REDUCE ... heat, add stock. Season to taste.
COVER ..... and simmer until onions are tender—about 15 minutes—SIMMER—Deep-Fry Cooker.
SLICE ..... bread and butter it generously.
POUR ..... soup into tureen or plates.
PLACE ..... slices of bread on top.
SPRINKLE .. generously with cheese before serving.

Note: Cheese may be placed onto buttered bread and grilled before placing into soup.

DUTCH HONEY CAKE

Mixing Time: 3 to 4 minutes

2 tblspns. flaked almonds
½ cup shortening
⅓ cup honey
½ cup brown sugar
2 tblspns. water
2 eggs
2 cups S.R. flour
¼ teaspn. bi-carb. soda

BLANCH ..... flake and brown almonds. Set aside to cool.
PLACE ..... shortening, honey, sugar and water into a saucepan.
HEAT ..... gently, stirring until the shortening has melted and blended evenly.
POUR ..... into large Mixmaster bowl and set aside to cool.
ADD ..... eggs to cooled mixture, beat until blended — Speed 4.
FOLD ..... in sifted flour and bicarbonate of soda — Speed 2.
MIX ..... for one minute — Speed 6.
POUR ..... into greased 9 inch square cake pan — sprinkle with almonds.
BAKE ..... for 35 to 40 minutes in a moderate oven.
TURN ..... onto a cake cooler. Nicest served warm cut into squares.

BRAISED BEEF AVIGNON

Serves 4 to 6

4 slices round steak
½ lemon
1 clove garlic
½ tspn. each thyme and tarragon (use half quantity if powdered)
1 teasp. chives
¾ cup dry white wine
black pepper
2 bacon rashers
6 mushrooms
2 shallots
2 large tomatoes
6 small onions
3 sprigs parsley
1 beef stock cube
½ cup water
1 tblspn. cornflour
bay leaf
salt

CUT ..... steak into serving pieces and slice lemon.
CHOP ..... garlic, fresh thyme, tarragon and chives.
MIX ..... with wine. Add pepper.
PLACE ..... half of the meat into a dish with half lemon slices on top.
POUR ..... half the marinate over.
USE ..... remaining ingredients.
COVER ..... and refrigerate for 12 hours.
FIT ..... coarse plate to Mincer and attach to Mixmaster.
REMOVE .. rind from bacon—trim mushrooms.
MINCE ..... and mix together.
CUT ..... shallots into short pieces, tomatoes into wedges, peel and chop onions, and chop parsley.
BLEND ..... stock cube, water and cornflour.
REMOVE ..... meat from marinate and arrange in a layer in the bottom of a casserole.
SPRINKLE . with a portion of mushroom and bacon, add some tomato wedges.
REPEAT ..... using remaining ingredients.
REMOVE ..... lemon and mix marinate with stock.
POUR ..... over meat and place bay leaf and onions on top.
COVER ..... with foil and place into a cool oven.
COOK ..... slowly for 4 to 5 hours — check seasoning.
SERVE ..... with noodles and steamed vegetables.

Traditionally this braise is cooked in a hermetically sealed casserole. This is done by mixing half a cup flour with water to form a soft dough. Place dough around the edge of the casserole before fitting the lid.

JAMAICAN CHOCOLATE PIE

Serves 6 to 8

Mixing Time: about 4 minutes

1 x 9 inch pie shell (rich short or crumb crust)
1 tblspn. gelatine
¼ cup water
1 pkt. Choc-bits
1 tspn. Nescafe
3 tblspns. water
¾ cup sugar
½ cup milk
¾ cup cream
¾ cup evaporated milk
3 tblspns. rum
1 tspn. vanilla
chocolate curls

PREPARE.... pie shell and leave to cool.
SOAK..... gelatine in quarter of a cup of water.
PLACE ..... Choc-bits, Nescafe and 3 tblspns. water into saucepan.
STIR..... over a low heat until Choc-bits melt.
ADD..... sugar and milk and continue to stir until sugar dissolves.
COOK ..... stirring for 3 minutes.
COOL ..... slightly, add gelatine and stir to dissolve — pour into large Mixmaster bowl.
PLACE..... into refrigerator until almost setting.
WHIP ..... chilled cream in small bowl and set aside — Speed 9.
BEAT..... chocolate custard — Speed 10.
ADD ..... very cold evaporated milk beating until smooth.
ADD ..... rum and vanilla. Fold in cream — Speed 2.
POUR ..... into cold pie shell and chill until quite set.
DECORATE with chocolate curls before serving.

CONTINENTAL ORANGE TORTE

Mixing Time: 4 to 6 minutes

4 eggs
⅔ cup castor sugar
1 tblspn. orange rind
1 cup S.R. flour
¼ cup orange juice

SEPARATE eggs and beat whites in large Mixmaster bowl — Speed 12.
ADD..... ⅓ cup sugar and beat until dissolved. Set aside.
BEAT..... yolks and remaining sugar until thick and creamy — Speed 12.
ADD ..... orange rind and mix through.
FOLD..... in flour and orange juice alternately — Speed 1.
POUR..... into a greased 9 inch round layer cake tin.
BAKE..... in a moderate oven 20 to 25 minutes.
COOL..... split in halves, fill and frost with orange butter frosting.
SPRINKLE .. with fine chopped walnuts.

ORANGE BUTTER FROSTING

2 egg yolks
1 egg
1¼ cups sugar
2 tspns. cornflour
⅓ cup butter
1 tblspn. orange rind
¼ cup orange juice
1 tblspn. white Curacao

BEAT ..... egg yolks, egg, sugar and cornflour for 1 minute — Speed 12.
MELT ..... butter, add orange rind and stir in egg mixture and orange juice.
COOK..... until thickened.
COOL ..... slightly — pour into small Mixmaster bowl.
BEAT..... on Speed 8 until cool.
ADD ..... Curacao and mix through.
CHILL ..... until almost set before using on cake.

ITALIAN LASAGNE

Serves 6 to 8

Mortadella sausage to make 1½ cups
½ slice blade steak
oil
2 tomatoes
1¼ cups tomato soup
1 clove garlic
2 tspns. each oregano and basil
1 onion
¾ cup parsley
Small pkt. Lasagne
2 cups cream cheese
⅓ cup Parmesan cheese
Small knob Mozzarella cheese

CHOP..... sausage into ½ inch cubes and mince beef on Mincer attachment.
SAUTE .. ... in a little heated oil 380 Sunbeam Frypan. Lower heat to SIMMER and cook until meat is tender.
MEANTIME.. chop tomatoes and place into Sunbeam Blender with soup, garlic, oregano and bazil.
BLEND..... until smooth.
ADD..... peeled and chopped onion and ⅓ cup parsley and fine chop.
POUR..... over meats, cover and simmer for 30 minutes.
SEASON ..... to taste.
PLACE..... Lasagne in boiling water with salt and 2 tblspns. oil added.
SIMMER ..... until almost tender.
FINE ..... chop remaining parsley.
BEAT..... cream cheese on Mixmaster — Speed 7.
ADD..... parsley, Parmesan, salt and pepper.
GREASE .... a flat ovenproof dish.
ARRANGE .. layers of meat sauce, Lasagne, sliced Mozzarella and cream cheese mixture. Finish with meat sauce.
SPRINKLE... with extra Parmesan if desired.
BAKE ... 20 to 25 minutes in a moderate oven.
LET..... stand about 10 minutes before serving.

AMERICAN CHIFFON CAKE

½ cup (4) egg whites
¼ tspn. cream of tartar
¾ cup sugar
1 cup S.R. flour
¼ tspn. salt
¼ cup oil
3 egg yolks
5 tblspns. water
1 tblspn. grated orange rind

PLACE..... egg whites into large Mixmaster bowl.
BEAT..... on Speed 12 until thick.
ADD..... cream of tartar then ½ cup of the sugar gradually.
BEAT..... until sugar dissolves. Set aside.
PLACE..... flour, salt, oil, egg yolks and remaining sugar into small bowl.
BEAT..... on Speed 4 until blended and smooth.
ADD..... water and rind and beat for 1 minute — Speed 8.
REFIT..... large bowl, add flour mixture gradually — Speed 1. Use a folding action.
POUR..... into ungreased 9 inch tube pan.
BAKE..... in a moderate oven 45 to 55 minutes.
WHEN..... cooked, cake is cooled in the tin.
TURN..... upside down and place tube into a milk bottle or glass so that cake is suspended upside down allowing free air circulation. Cake will shrink from sides of tin as it cools.
LOOSEN..... further with a spatula — tap pan on table to completely loosen cake.
PREPARE .. double quantity Citrus Frosting page 29 using orange rind and juice.
PLACE ..... cake onto serving dish and frost upside down.

DANISH PASTRIES

½ cake compressed yeast
2¼ cups plain flour
3 tblspns. sugar
5 tblspns. water
5 tblspns. milk
¾ cup shortening
1 egg
1 tspn. lemon juice

CRUMBLE .. yeast into a bowl with 1 tblspn. each flour and sugar.
MIX ..... in warmed milk.
STAND ..... in a warm place for 20 minutes.
PLACE ..... one third of the shortening into the small Mixmaster bowl.
BREAK ..... up and beat until soft — Speed 5.
ADD ..... flour and mix to a fine crumb.
ADD ..... water, egg and lemon juice and make into a soft dough. Beat well.
PLACE ..... into greased large bowl and stand in a warm place to double in size.
TURN ... onto a floured board. Knead well and roll into an oblong ⅜ inch thick.
SPREAD . . with one third of the remaining shortening which should be very firm.
FOLD . . . each end to the centre then fold again. Repeat the folding in the opposite direction.
WRAP and place in refrigerator for half an hour.
REPEAT .. this roll and fold process at half hourly intervals, twice with shortening and once without.
ALLOW..... half an hour before preparing for baking.
PASTRY will make 9 x 5 inch dessert pastry and about 1 dozen small pastries.
FOR . . . large pastry roll to ⅜ inch thick.
LINE . . . . dish, fill and bake 25 to 35 minutes in a hot oven.
ROLL..... small pastries slightly thinner and cut into 4 to 5 inch squares.
PLACE filling on and fold corners into the centre. Press firmly.
BAKE ..... 15 to 20 minutes in a hot oven.

MERINGUE SHORTCAKE

Mixing Time: about 6 minutes

3 eggs
½ cup shortening
2 tspns. lemon rind
2 tspns. rum or vanilla
1¼ cups sugar
2 tblspns. water
1¼ cups S.R. flour
melted chocolate

SEPARATE eggs and place whites into large Mixmaster bowl.
PLACE..... 2 yolks onto a greased saucer and steam until hard cooked.
PLACE..... shortening, rind and rum into small Mixmaster bowl.
BREAK..... up on Speed 2 and beat on Speed 5 until soft.
ADD..... half cup sugar and beat until creamy — Speed 7.
ADD..... cooked yolks, remaining egg yolk and water, then flour and mix to a firm dough — Speed 1.
SPREAD..... into a greased 9 inch square layer cake tin.
BEAT ..... egg whites until very stiff — Speed 12.
ADD ..... remaining sugar gradually.
BEAT..... until dissolved.
SPREAD ..... onto shortcake.
BAKE..... in a moderate oven 35 to 45 minutes.
ALLOW..... to cool in the tin until warm.
TURN..... on to a cloth or paper to prevent breaking the meringue. When quite cold trickle melted chocolate over.

HUNGARIAN COFFEE CAKE

1 cake compressed yeast
¼ cup warm water
¼ cup shortening
½ cup milk
1 egg
¼ cup sugar
2½ cups plain flour
1 tspn. salt
½ cup butter
¾ cup brown sugar
1 tspn. cinnamon
½ cup walnuts
raisins

PLACE ..... yeast into a small bowl.
ADD ..... water and blend until smooth.
MELT ..... shortening, add milk and heat to luke warm.
BEAT ..... egg and sugar in large Mixmaster bowl.
ADD ..... yeast and milk mixture — Speed 12.
ADD .... flour and salt. Work evenly through to form a soft dough — Speed 2. Knead well.
PLACE ..... into washed greased large bowl and set in a warm place to rise to double its size.
KNEAD ..... and stand mixture aside for 10 minutes.
MELT ..... butter. Mix the cinnamon, sugar and chopped nuts together.
GREASE ... a 9 inch tube pan.
BREAK ..... dough into pieces about the size of whole walnuts — shape into balls.
BRUSH ..... balls with butter and roll in cinnamon-sugar mixture, pressing to pick up some nuts.
PLACE ..... half of the balls in one layer into the tube pan.
FILL ..... spaces with raisins and place remaining balls on top.
ADD ..... more raisins, sprinkle remaining sugar mixture over and top with remaining butter.
STAND ..... in a warm place — cover and allow to rise to double its size.
BAKE ..... in a hot oven 30 to 40 minutes.
SERVE ..... warm with coffee.

AMERICAN FRUIT CAKE

Mixing Time: 6 to 8 minutes

6 to 12 ozs. sliced mixed peel (170 to 340 g.)
12 ozs. currants (340 g.)
12 ozs. raisins (340 g.)
5 ozs. glace cherries (145 g.)
1 cup butter
1 cup castor sugar
5 eggs
2 tblspns. lemon juice
¼ cup ground almonds
2 cups plain flour
blanched almonds
1 tblspn. sugar
¼ cup milk

WASH ..... and prepare fruits.
PLACE ... butter into large Mixmaster bowl.
BREAK ... up — Speed 1 and beat until soft — Speed 5.
ADD ..... 1 cup sugar, beat until creamy — Speed 8.
BEAT ..... in eggs one at a time, then add lemon juice and ground almonds.
POUR ..... into large china or plastic dish.
DETACH Mixmaster motor to use portably.
ADD fruits and flour alternately — Speed 2.
POUR into papered 9 inch round tube cake pan.
DECORATE top with blanched almonds.
PLACE into a moderate oven — reduce heat after 30 minutes.
BOIL milk and 1 tblspn. sugar to make the syrup.
BRUSH the cake over with the syrup after 1½ hours baking.
CONTINUE cooking for another 1 to 1½ hours.
TEST with a skewer before removing from oven.

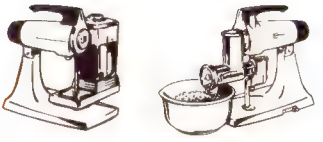
GATEAU FAVOURITE

¼ pint milk
¼ cup butter
pinch salt
⅔ cup plain flour
2 eggs
shredded almonds

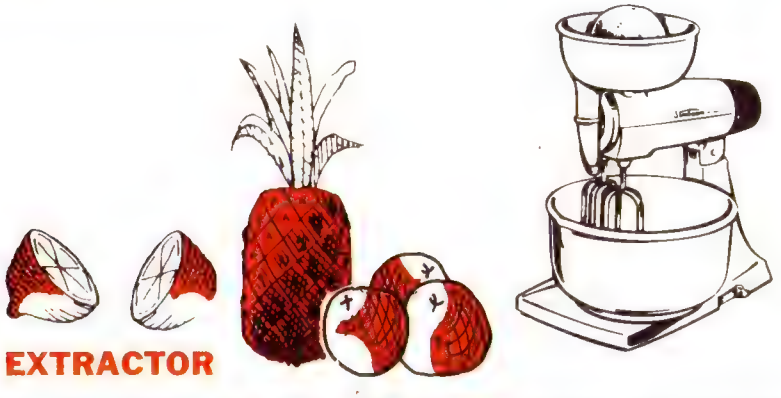
French Pastry Cream
2 tblspns. flour
2 tblspns. sugar
1 egg
1¼ cups milk
1 tspn. gelatine
1 tblspn. cold water
small pack dark chocolate
½ cup cream

HEAT .... milk and butter — when boiling add salt and flour.
STIR to form a thick paste and cook for 5 minutes.
PLACE into small Mixmaster bowl. Beat — Speed 4.
ADD eggs one at a time and mix through.
PLACE into pastry bag fitted with large eclair tube.
PIPE in a circle onto a scone slide.
BRUSH lightly with milk or a little beaten egg and sprinkle with shredded almonds.
PLACE into a hot oven for 10 minutes — lower heat and cook until completely dried through.
COOL .. cut in half across ring.
BEAT . flour and egg yolk with a little milk.
HEAT remaining milk, add egg mixture. Stir until thick.
COOK for 3 minutes. Remove.
ADD chocolate and gelatine dissolved in water. Cool.
WHIP cream.
BEAT . egg white, Speed 12.
ADD sugar and beat until dissolved.
FOLD into chocolate mixture and add ¼ cup whipped cream.
PLACE chocolate cream and whipped cream into two forcing bags fitted with meringue tubes.
PIPE alternate rosettes of filling and cream into case.
SPRINKLE top with icing sugar and replace onto gateau.
CHILL and serve immediately.

Attachments



When purchased your new Sunbeam Mixmaster is packed complete with the Juice Extractor. Two attachments, the Meat and Food Mincer and the Drink-Mix Blender are available as extras, and extend the practical use of your Sunbeam Mixmaster for every day food preparation.
Each attachment is designed for fast, safe and efficient use, is simple to fit and easy to clean. The Juice Extractor is fitted on to the cone shaped support at the top of the Mixmaster motor.
The Drink-Mix Blender and the Mincer Attachment are fitted with the shift lever at SMALL BOWL and the revolving disc removed. Shafts on both of these attachments fit into the whipper socket underneath the cone support for the Juice Extractor and the feet on the underside of each power unit slide into position in the base. (Detailed instructions are packed with each optional extra attachment.)



JUICE EXTRACTOR

The Sunbeam Juice Extractor is designed specifically for the preparation of juice from citrus fruits and can be used for pulping pineapple, tomatoes etc.
The Juice Extractor is always ready for immediate use on the Sunbeam Mixmaster. Simply set it on to prepare health giving fruit drinks for all the family. For special occasions and for babies, where only the purest juice is needed, use a low speed. The higher the speed the greater the volume of juice, strained automatically and free from pith and seeds — so much quicker than hand squeezing too.

PINEAPPLE

FIT..... juice extractor to Mixmaster without strainer and spout for pulping.
CUT..... fruit into halves or three thick slices.
HOLD..... firmly onto scraper — Speed 2, 3 or higher.
WORK..... in a circular motion around pineapple until pulp or juice is removed.

NOTE — You may find it advisable to use a rubber glove to hold the rough pineapple skin.

SKINS from pineapple may be washed, covered with water, then simmered gently. The syrup may be used in desserts, made into jelly, or used to replace water in fruit drinks.

CITRUS FRUITS

CUT..... fruit in halves.
HOLD firmly onto scraper until juice is removed. Use speed 8 or higher.

SWEET CURRY

1 apple
1 onion
1 tomato
thick slice topside steak
2 tblspns. shortening
1 tblspn. curry powder
2 tblspns. brown sugar
2 tblspns. coconut
salt and pepper
dash ground basil
1 banana
1 tblspn. sweet chutney
1 tblspn. lemon juice

ASSEMBLE Mincer with coarse plate and fit to Sunbeam.
MINCE ..... apple, onion, tomato, then meat. Keep these separate.
HEAT ..... a pan with shortening—300° Sunbeam Frypan.
FRY ..... onion and apple—add meat, tomatoes, curry powder, sugar and coconut.
FLAVOUR ..... with salt, pepper and basil.
SIMMER ..... gently until very tender—HIGH SIMMER Sunbeam Frypan.
ADD ..... sliced banana, lemon juice and chutney before serving.
SERVE ..... with boiled rice.

SPANISH PAELLA

Serves 3 to 4

1 x No. 7 chicken
6 large prawns
4 tblspns. olive oil
1 small clove garlic
1 small onion
1 small green pepper
1 cup rice
2 cups chicken stock or water
salt and pepper
2 medium sized tomatoes
1 cup frozen peas
12 oysters

CUT ..... chicken into cubes—about 1 inch.
SHELL ..... prawns and cut to same size.
CHOP ..... onion and green pepper.
HEAT ..... oil in heavy pan—360° Sunbeam Frypan.
CRUSH ..... garlic, place into oil, then fry chicken pieces until browned.
REMOVE ..... then saute onion, and pepper until golden—remove.
ADD ..... rice and brown lightly.
REDUCE ..... heat Sunbeam Frypan, add chicken, prawns sauted vegetables, stock, salt and pepper to taste—simmer 15 minutes.
DICE ..... tomatoes and add to pan.
MIX ..... peas through and continue to simmer—15 to 20 minutes, until chicken and rice are tender.
ADD ..... oysters and allow to heat through before serving.

MEAT PASTE

1 slice topside steak
4 bacon rashers
salt and pepper
2 tblspns. butter melted

MINCE ..... steak and bacon on coarse plate of Sunbeam Mincer.
PLACE ..... into a saucepan and cover with stock. Bring to boil and simmer gently for about 1 hour. HIGH SIMMER Sunbeam Frypan.
STRAIN ..... meat and reserve a little stock.
MINCE ..... the meat 2 or 3 times through fine plate of Mincer Attachment.
ADD ..... salt and pepper, melted butter and a little stock. Mix well.
PLACE ..... into a screw top jar or a covered bowl.
USE ..... as a spread on toast, sandwiches, etc.
OR make into a loaf, chill and slice for serving.

MEAT AND FOOD MINCER

The Mincer attachment makes light work of mincing and chopping many foods. All types of raw meat can be cut on either the fine or the coarse plate. There are no torn or crushed fibres and no need to rough chop beforehand. Simply have meat in long half pound pieces.
Use the **fine plate** for raw meat for hamburgers or meat loaves; raw or cooked fish or meat for sandwich paste; suet, and for fine chopping vegetables.
Use the **coarse plate** for preparing vegetables for soups, stews etc.; for mincing cooked meat and left-overs; preparing fruit and vegetables for jams, pickles and sauces.

CHRISTMAS MINCE

½ cup beef suet
2 large cooking apples
1 cup each raisins, currants and sultanas
½ cup lemon peel
¾ cup sugar
4 tblspns. rum or brandy
4 tblspns. marmalade jam
2 tspns. mixed spice
1 tblspn. grated lemon rind
2 tblspns. lemon juice

MINCE ..... suet with fine plate fitted.
THEN ..... mince apple and dried fruits.
ADD ..... sugar, jam, lemon rind, juice and spirits. Mix well.
STORE ..... in airtight jars until required.

DRINK-MIX BLENDER ATTACHMENT

The Drink-Mix Blender attachment fitted to your Sunbeam Mixmaster can be used for preparing baby foods, after school milk shakes or drinks for the whole family.
It will mix French Dressing in seconds and makes light work of crushing cornflakes and preparing soft breadcrumbs or cake crumbs.

IMPORTANT The Drink-Mix Blender attachment is not designed for chopping meats, nuts, raw vegetables or grain and should never be used continuously for more than 2 minutes at any time.

BABY FOODS

Pre-cooked vegetables and meat can be pureed for baby.
Blend ½ cup cooked vegetables, 2 to 3 tablespoons fine chopped cooked meat with ½ cup of vegetable liquid stock or milk.
Blend on Speed 12 for 30 seconds for juniors — 45 seconds to 1 minute for younger children.

FRENCH DRESSING

Blending Time: 30 seconds

¾ cup oil
2 tspns. salt
2 tblspns. tomato sauce
1 tblspn. sugar
3 tblspns. vinegar
clove garlic

FIT..... attachment to Sunbeam Mixmaster.
PLACE..... all ingredients into container.
BLEND..... on Speed 12 for 1 minute.
PLACE..... into a screw top jar and store in a refrigerator.

SOFT BREADCRUMBS

Soft crumbs for seasoning can be made from bread 1 to 3 days old.
Cut bread into slices 1" thick, remove crusts, then break or chop into ½" cubes.
Place prepared bread pieces, **one slice at a time** into Drink-Mix Blender Attachment container.
Process 15 seconds for coarse crumbs for seasonings, 30 seconds for fine crumbs for Christmas puddings etc.

MILK SHAKES

For successful milk shakes it is necessary to have the milk very cold. Use syrup or icing sugar for sweetening and add ice cream whenever possible.
Never use more than half a pint of milk and always add powdered milk, malted milk, Quik etc. last.
One minute blending is sufficient for a thick creamy shake.

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SUNBEAM GUARANTEE

Complete the details of the Sunbeam Guarantee Register Card packed with the appliance. Affix postage stamp and post to Sunbeam Corporation Limited within FOURTEEN DAYS. Upon its receipt your Mixmaster is automatically covered by warranty against electrical and mechanical defects in workmanship and material for a period of 12 months (3 months commercial use). Cost of part replacement and labor will be at no charge. The warranty does not cover the bowls or power cord, misuse, negligent handling or use on current or voltage other than that specified on the appliance. If service under warranty is required forward your appliance to the nearest Sunbeam Appliance Service Company Centre or Sunbeam authorised servicing agent. Failure to do this nullifies the guarantee.
Australia wide Sunbeam Appliance Service Centres provide convenient, fast facilities for service under guarantee or when regular maintenance service is required for your Mixmaster.
All addresses and service information are listed separately. We suggest you retain the list for future reference.

Manufactured in Australia by

Sunbeam **CORPORATION LIMITED**

SYDNEY MELBOURNE ADELAIDE BRISBANE PERTH

Patents Pending.
Reg. Des. No. 51852

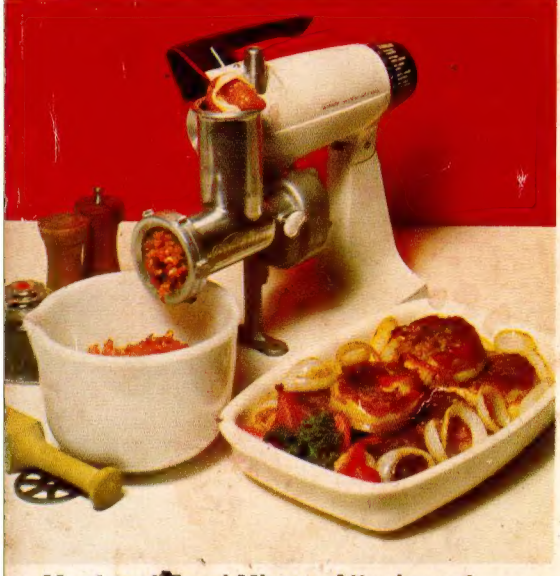
Trade Mark Sunbeam Registered.
Trade Mark MIXMASTER Registered.
Trade Mark MIX-FINDER Registered.

Pub. No. MX24580A

KITCHEN WOODTONE MIXMASTER MIXER

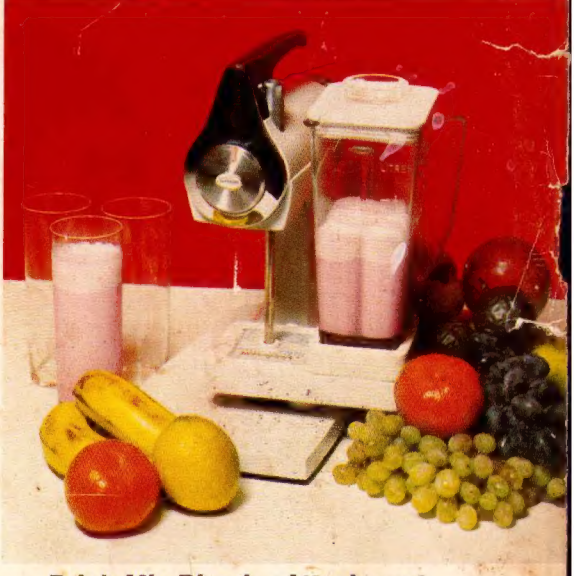
The Kitchen Woodtone Mixmaster Mixer, the latest in modern kitchen appliances. It is the Mixmaster created to complement today's modern woodtone kitchen and incorporates the same deluxe features as the Model MX100F1 Black and White Mixmaster.

The Kitchen Woodtone Mixmaster Mixer also is complete with the exclusive Juicer attachment and two heat-resistant glass bowls.



Meat and Food Mincer Attachment

The all purpose Sunbeam Mincer makes light work of all food mincing, raw or cooked meats, vegetables for soups and stews and chopping of ingredients for jams and p[illegible]s. Foods are cut cleanly without any torn [illegible]ruised fibres. Separate plates for fine and [illegible]rse cutting.



Drink-Mix Blender Attachment

Wonderful for preparing baby foods, mixing milk drinks, blending mayonnaise, sauces and gravy thickenings, pureeing soups, cooked fruits for pie fillings. Makes soft crustless bread into breadcrumbs for seasonings or desserts.